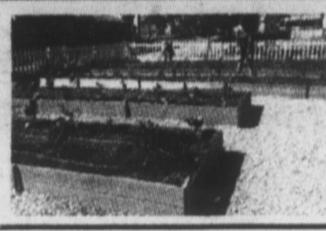




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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 52 No. 41

Thursday, June 25, 2020

\$1.00



SUPPORTERS OF POLICE line Quincy Shore Drive during the Defend the Police rally on Saturday. More than 100 residents from Quincy and throughout the South Shore lined a section of Quincy Shore Drive at Wollaston Beach to show their support for police and law enforcement.

Quincy Sun photo/Tom Gorman

Over 100 Turn Out At Defend The Police Rally

By TOM GORMAN

Holding signs stating "Blue Lives Matter," "We Support QPD," and "Back the Blue," more than 100 residents from around the South Shore lined a section of Quincy Shore Drive at Wollaston Beach for a Defend the Police rally on Saturday.

urday.

The rally was organized by Lauren Koch, Cherilyn Paradis, and Paul Emerick through Facebook as a show of support for police because of the recent anti-police rhetoric and calls for defunding police departments in the wake of the

killing of George Floyd by a Minneapolis police officer on May 25. According to the Facebook post, the rally was not a counter protest to the

Black Lives Matter movement, but to show support for police.

"We appreciate law enforcement, but to show support for police.

Cont'd On Page 6

Houghs Neck Community Blood Drive July 14

Houghs Neck Community Council Blood Drive will be held Tuesday, July 14 from 2 to 8 p.m. at St. Thomas Aquinas Hall, 1031 Sea St., Quincy.

Due to the Pandemic, temperatures will be taken before you enter the hall and no walk-in donors. Appointments are required. Masks are also required.

There is a desperate need for blood. Normally only 37

percent of the population is eligible to donate and this year is even tougher. Hospitals are starting to reopen for surgeries and procedures and are in desperate need.

Contact 1-800-redcross and make an appointment today.

Contact Eileen Timcoe if you have any questions 617-479-4107, etimcoe@yahoo.com.

By SCOTT JACKSON

The new special education learning center in Wollaston will be named in honor of longtime school superintendent Richard DeCristofaro when it opens in 2021.

The School Committee on June 10 voted unanimously to dedicate the building in DeCristofaro's honor. The June 10 meeting was DeCristofaro's last as superintendent - he officially

began his tenure as the president of Quincy College the following week.

DeCristofaro, age 68, began working for the school system in 1974 as a fifth grade teacher and rose through the ranks to become the principal at Snug Harbor in 1987. From there he was promoted to assistant superintendent in 1993 and was appointed superintendent in 2001.

The School Committee

began the June 10 meeting by playing a video tribute to DeCristofaro. Numerous Quincy Public Schools teachers, principals and administrators appeared in the video as did members of DeCristofaro's family, including his children and his mother, Betty.

During the meeting, which was held in-person, Mayor Thomas Koch presented DeCristofaro with a

Cont'd On Page 14



RICHARD DECRISTOFARO

More Quincy news:

The Quincy Sun.com



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Does Sleep, Light Activity Improve Mood? - Page 9
A Job Well Done, Crime Awareness Journal - Page 10

Resistance Exercise For Adults And Older Adults

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

If you are in your 30s or 40s, you are losing approximately 4 to 6 pounds of muscle every decade unless you perform regular resistance exercise. If you are in your 50s or 60s, you are losing approximately 7 to 9 pounds of muscle every decade unless you perform regular resistance exercise.

Most men and women are unaware of this progressive reduction in muscle (known as sarcopenia) because they are concurrently adding fat, which keeps their body weight the same (or higher). They also do not realize that muscle loss is associated with a variety of health issues, including obesity, osteopenia, diabetes, hypertension, arthritis, low back pain, metabolic syndrome, certain cancers, depression, and premature demise.

Please consider the following 12 research-based reasons why adults and older adults should attain and maintain muscular fitness

through a sensible program of resistance exercise.

Reason 1 is that muscles are essential for movement, and movement is closely associated with both quality and quantity of life.

Reason 2 is that muscle loss is accompanied by bone loss, leading to osteopenia, osteoporosis, and increased probability of bone fractures.

Reason 3 is that muscle

loss is largely responsible for metabolic rate reduction, which profoundly affects energy utilization and fat accumulation. Muscle tissue is very active (even at rest), so less muscle means fewer calories burned and more calories stored as fat.

If you do not perform resistance exercise, every pound of your skeletal muscle burns about 6 calories a day (at rest). However, if you do perform regular resistance exercise, every pound of your skeletal muscle burns about 9 calories a day (at rest). Every day, strength trained muscles burn 50 per-

cent more calories than non-strength trained muscles.

Reason 4 is that muscles are the body's largest storehouse for glycogen (sugar), and strength trained muscles enhance both glucose metabolism and insulin sensitivity. Research clearly reveals that strength training is beneficial for the prevention and management of Type 2 diabetes (and other metabolic issues).

Reason 5 is that resistance exercise, like aerobic activity, is beneficial with respect to cardiovascular health. Resistance exercise reduces resting blood pressure (systolic and diastolic), and improves blood lipid profiles by decreasing triglyceride levels, decreasing LDL (bad) cholesterol levels, and increasing HDL (good) cholesterol levels.

Reason 6 is that strength training accelerates food passage through the gastrointestinal system, thereby lowering the risk of colon cancer.

Reason 7 is that resis-

tance exercise has been shown to reduce the discomfort associated with low back problems, arthritis, and fibromyalgia.

Reason 8 is that strength training improves functional abilities for activities of daily living, including balance, coordination, and walking speed (which is closely associated with longevity).

Reason 9 is that resistance exercise is an effective means for improving self-efficacy, self-esteem, and mood states, as well as for reducing and reversing feelings of depression.

Reason 10 is that strength training enhances the production of myokines, which are hormone-like substances that have a positive influence on the function of our body tissues and organs.

Reason 11 is that strength training can reverse aging factors related to energy production. One classic study found that 6 months of regular resistance exercise transformed key



WAYNE WESTCOTT

genetic characteristics of muscle mitochondria (cellular power source) in older adults (mid-sixties) to be like those in young adults (mid-twenties).

Reason 12 is that stronger adults and older adults have a significantly lower risk of premature death from all causes of mortality.

In many ways, muscles are similar to the engine of an automobile. Muscles are where combustion takes place, where energy is released, where power is produced, and where movement originates. Although it is equally important to have a well-conditioned cardiovascular system, muscular fitness is essential for men and women who want to experience healthy and active lifestyles.

In our research (with more than 3,000 study participants), adults in all age groups (20 years through 80 years) averaged a 3-pound muscle gain (and a 4-pound fat loss) after just 10 weeks of basic and brief strength training sessions (25 minutes, 2 or 3 days/week).

For people whose main health objective is to achieve a lower body weight, this same exercise program, along with a reasonable diet plan (1,500 calories/day for women; 1,800 calories/day for men) and a higher protein intake (0.7 grams/pound of ideal body weight), resulted in a 14-pound fat loss and a 4-pound muscle gain in our 6-month weight management study.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the Quincy College Community Fitness Facility. He has written 30 books on physical fitness and strength training. Wayne may be reached at 617-984-1716 or at wwestcott@quincycollege.edu.

Woodward School Summer Enrichment Program

The Woodward School announces a four-week Summer Enrichment Program for girls entering grades 4-12, available July 20 - Aug. 14th.

Classes include book clubs, coding, Italian cooking, photography, exploring words, health and wellness, and A Global Questions Seminar for high school students. In addition, Summer Music at Woodward offers private voice and instrumental lessons, by appointment.

"We know many students may be looking for fun, enriching activities this summer, and Woodward has some great offerings," said the Head of School, Renee DuChainey-Farkes.

"During our rapid pivot to virtual classes, our teachers developed valuable skills around synchronous learning, to make strong connections and provide rewarding educational and enrichment experiences. Woodward has been described to me as "high touch in a virtual learning environment" due to the way teachers keep students engaged in small classrooms. Our faculty are excited to introduce more students to new capabilities and thought-provoking activities to enhance their summer vacations."

For more information, visit the school's website at <https://www.thewoodward-school.org/SummerPrograms>.



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LIVES

Local Quincy Community Blood Drive
in honor of
Kelsey Taylor

Sponsored by
Quincy Housing Authority

Thursday
July 23rd 2020

11:00am -
5:00pm

By
appointment
only

Location
109 Curtis Avenue, Quincy
parking lot located on Washington Street

For an appointment visit redcrossblood.org & enter sponsor code QUINCYHOUSING
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(Limited to 2 donors per each 15 minute intervals)
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Council OKs Re-Codification

By SCOTT JACKSON

City councillors have approved a re-codification of the Quincy's municipal ordinances, which City Clerk Nicole Crispo said would make the city's code more accessible to residents.

The council voted 7-1 in favor of the recodification on June 1. Ward 4 Councilor Brian Palmucci cast the no vote and Ward 2 Councilor Brad Croall was not in attendance for the meeting.

Crispo said she and Jennifer Manning, the council's clerk of committees, began the process of re-codifying the municipal code more than three years ago.

"This has been a labor of love for the last three or four years and I want to give a big thank you out to Jen Manning, the clerk of committees, who has done an outstanding job with me on this," Crispo said. "It started with an old, broken-down book that had fallen out pages that we took and know how important it is to the city, so we started to go through it and realized it was bigger than just the two of us."

"With that, I did reach out and find a company that could handle a city of our size and the ordinances we have and do a lot of really good work – editorial, legal analysis, a manuscript. It all

came before us, Jen and I, and we locked ourselves in the office and went through it literally page by page. We worked with every department in the city of Quincy and got some really important legal questions answered."

"I am so proud to bring it forward this evening" Crispo added. "It is revised. It is codified. It is consolidated. It is updated. It is the ordinances of the city of Quincy and how important it is to all of us and the residents of the city of Quincy."

Crispo said the newly codified code could be placed online within a week or two of Mayor Thomas Koch formally approving the measure. The code will be updated on a regular basis as changes are made to it.

"It will be up-to-date all the time," Crispo said. "We will maintain it through the clerk's office, and will we never get behind again."

As part of the re-codification, nomenclature will be updated to match changes previously approved by councillors. The terms "chairman" and "chair" will be replaced with "chairperson," for example, while references to the "Park Department" or "Park and Forestry Department" will now say "Department of Natural Resources."

Due to Covid-19, Morissette Post 294 scholarship applications have been extended until July 1st, 2020. Please contact Scholarship Chairman Robert Lewis for any questions at robertlewis865@yahoo.com or cell 617-820-8968. Thanks

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Quincy: 617-481-5257

Coming soon:
479 Washington Street
Quincy



coffee
Break
CAFE



PICK UP POOL – The Mohnkern family of Wollaston relax in a truck pool created by Sam Mohnkern to help his daughters beat the heat over the weekend. Sam lined the back of his red Ford pick-up truck parked in his driveway with heavy plastic and then filled it with some water so he and his daughters Jami and Beatrice could enjoy the warm summer weather by cooling off in this make-shift pool on Father's Day.

Photo Courtesy Lydia Martin

Free Library Video Tutorials With Udemy

All Quincy residents with a Thomas Crane Public Library card now have access to Udemy, which provides more than 4,000 video tutorials taught by world-class instructors.

Learn and improve skills across business, tech, design, and personal interests. Courses cover leadership and management, coding, design, marketing, IT operations, data science, project

management, human resources, sales, accounting and finance, and productivity.

Download the Udemy for Business app on iOS or Google Play. When prompt-

ed for a link, type gale.udemy.com, then search for Thomas Crane Public Library. After that, users will be prompted to use a Microsoft or Google email address to make a Udemy account.

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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$1.00 per copy newstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.thequincysun.com

email address: thequincysun@verizon.net
rbosworth@thequincysun.com

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

THE HISTORY CHANNEL

• On July 9, 1877, the All England Croquet and Lawn Tennis Club begins its first lawn tennis tournament at Wimbledon, then an outer-suburb of London. Twenty-one amateurs showed up to compete in the Gentlemen's Singles tournament, the only event at the first Wimbledon. The winner was to take home a 25-guinea trophy.

• On July 10, 1887, a dam breaks in Zug, Switzerland, killing 70 people. The resulting wall of water was so powerful that rescue boats were ineffective, as they capsized in the roiling waters.

• On July 7, 1917, Britain establishes the British Women's Auxiliary Army Corps (WAAC), authorizing female volunteers to serve alongside their male counterparts in France during World War I. Some 80,000 women enlisted to perform labors such as cookery, mechanical and clerical work, and other tasks.

• On July 6, 1944, in Hartford, Connecticut, a fire breaks out under the big top of the Ringling Bros. and Barnum Bailey Circus, killing 167 people and injuring 682. An investigation revealed that the tent had been treated with flammable paraffin thinned with three parts of gasoline to make it waterproof.

• On July 8, 1959, Maj. Dale Buis and Master Sgt. Chester Ovnand become the first Americans killed in the U.S. phase of the Vietnam War when guerrillas strike a Military Assistance Advisory Group compound in Saigon.

• On July 11, 1979, parts of Skylab, America's first space station, come crashing down on Australia and into the Indian Ocean five years after the last manned Skylab mission ended. Skylab weighed 77 tons.

• On July 12, 1995, a heat advisory is issued in Chicago, warning of an impending record-breaking heat wave. When the heat broke a week later, nearly 1,000 people were dead in Illinois and Wisconsin. The temperature in the city hit 106 F with a heat index of 120 F.

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Bill Would Help Overseas Servicemembers, Citizens Vote

U.S. Representative Stephen F. Lynch (MA-08), chairman of the Subcommittee on National Security, has introduced H.R. 7219, the Digital Overseas Voting Act, to ensure that American servicemembers and citizens residing outside the U.S. will be able to exercise their right to vote in elections.

The Federal Voting Assistance Program (FVAP) allows for all overseas mili-

Highrock Church Thanks Rapid Response Nurses

A member of Highrock Covenant Church of Quincy suggested that the church specially welcome the Rapid Response nurses coming to Massachusetts from all over the country to serve in long-term care facilities experiencing the highest rates of COVID-19.

To thank these 88 nurses and refresh them, Highrock churches and many Quincy residents joined together to send them "New England Getaway" gifts filled with treats made by local small businesses including Ginger Betty's. Highrock quoted Coach Belichick in thanking these out-of-state nurses: "Thank you for just doing your job."



JESSICA CHEN with completed gifts.



DOUG COLE delivers the gifts.

Even those nurses who are not Patriots fans were touched and grateful.



TIFFANY AND SOPHIA Comiso (Wollaston Elementary and Central Middle School) wrap gifts.



MOM GLADYS TATE and her daughter Elsa hold a completed gift.

City Summer Programs, Clinics

Offerings Posted At www.quincyma.gov, www.quincyrec.com

Mayor Thomas Koch announces the Quincy Recreation Division in the Department of Natural Resources will be offering a large complement of summer programs and clinics this July and August.

The Recreation Division has been working closely with the Quincy Health Department to develop programming protocols and guidelines to address safety during the COVID-19 pandemic. A full listing of the Summer 2020 offerings

have been posted to www.quincyma.gov and www.quincyrec.com.

Quincy's annual free summer playground program will take place this year at neighborhood playgrounds throughout the city. Staff ratios will be in place to ensure compliance with COVID-19 guidelines. Health and safety protocols and hand-washing will be implemented to enhance safety for all participants. A list of summer playground locations with drop-in pro-

grams will be announced in the coming weeks.

"It is important that we provide both parents and children opportunities to return to their normal activities in a safe and fun manner," Koch said.

"Our Health Department has worked closely with our Recreation Division to develop a program that will allow kids a chance to have fun while also focusing on their health. I am proud of all that we have been able to do in this area when other communities have completely cancelled their summer programming."

A full range of summer clinics to be offered include basketball, baseball, softball, cheer, dance, tennis, arts and crafts, and much more. The boating and sailing program will also continue this season with enhanced safety measures and cleaning protocols in place.

Not all clinics and programs can be offered due to COVID-19 restrictions but the Recreation Division estimates approximately 90 percent of its typical annual

rus, the FWAB will serve as a critical method of overseas absentee voting in upcoming federal elections," said Rep. Lynch. "There are currently 20 states and two U.S. territories that will only accept the FWAB by mail only and will not accept federal absentee ballots from overseas voters by fax or email, which poses serious risk of undermining U.S. servicemembers and overseas citizens voting in upcoming federal elections.

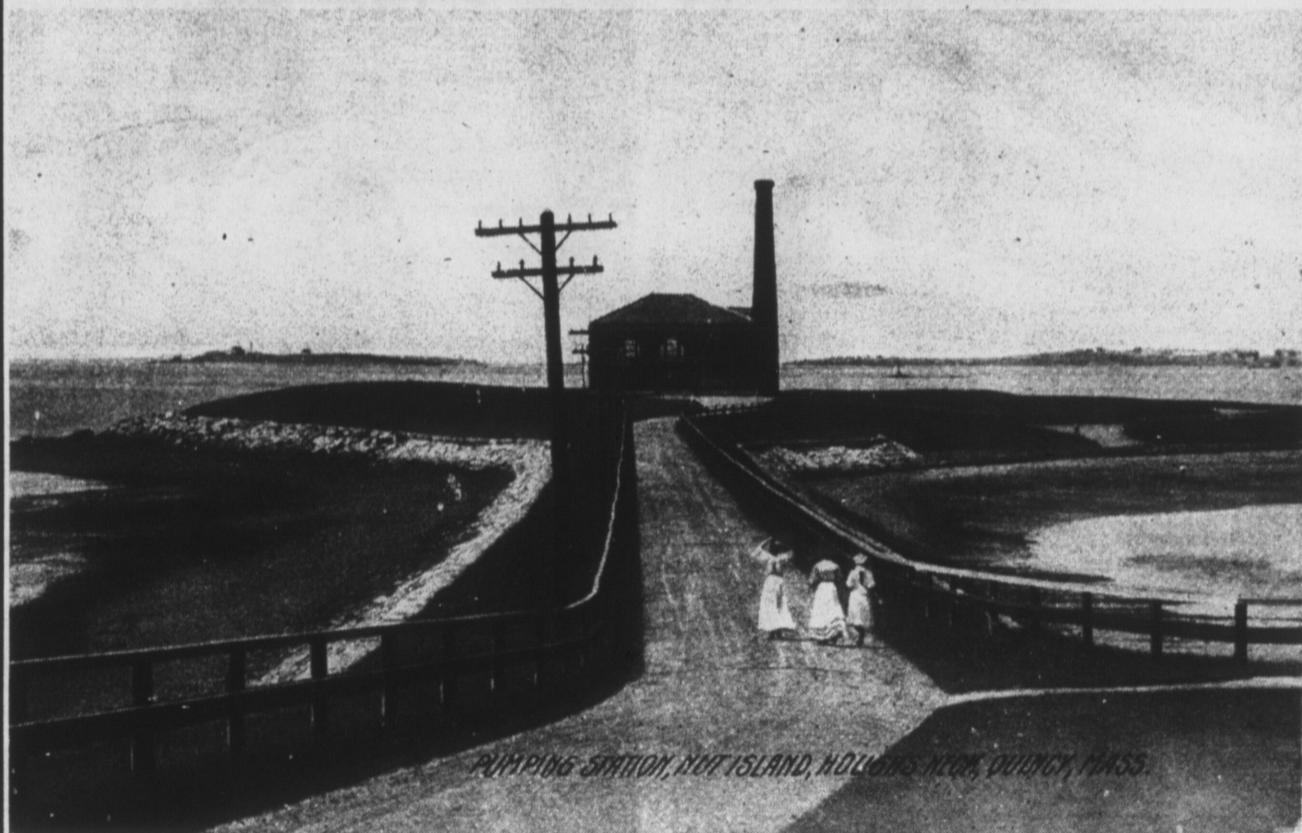
"As the world continues to respond to the coronavi-

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Scenes From Yesterday



THIS OLD POSTCARD is a view of the first Metropolitan Sewerage Plant on Nut Island at the end of Houghs Neck. Built in 1901 this facility served as a screen house at the end of a new 17-mile long sewer pipe. Towns from Framingham to Quincy fed raw sewerage into the pipe and debris caught in the screens here was burned. The rest emptied into the harbor through an underwater outfall pipe. The result was a harbor filled with floating sewage and an obnoxious stench, although it apparently didn't keep these three young ladies from taking a walk. After 50 years of this intolerable situation, a new plant was built here to treat the sewerage with

chlorine before discharge. Other than its benefits to the flounder fishing industry for a number of years that solution was a failure. Even the flounder grounds were eventually destroyed by the sewage. Now more than 60 years later, there is again a new facility at this location, but the sewerage now is passed on to a high technology treatment plant at Deer Island where it is discharged nine miles out as almost pure water. Today - 119 years later - the MWRA still has a plant here, and Nut Island has become a landscaped park for joggers, strollers and fishermen. Flounder have also returned.

From the Postcard Collection of Tom Galvin

Quincy's Yesterdays

This Week
1990
30 Years Ago

Hospital Rebounding From Fiscal Woes, New Director Says

In a positive, upfront and upbeat presentation, Quincy Hospital's new director told the City Council that the hospital is rebounding from last year's financial woes while embarking upon a new image - enhancing program.

Last year the hospital operated with a \$4 million deficit. Some 200 employees had to be laid off. Officials said the deficit was caused by a decrease in the number of patients and slow reimbursements from various public insurance programs.

Hospital Director Ellen Zane said the hospital's financial future "is a hard road to hoe. However, my feeling is that we have everything at the hospital to brag about - the highest caliber of physicians and technology," she told city councilors.

SHEETS RETURNS TO WASHINGTON FOR DOWNTOWN FUNDING

Mayor James A. Sheets returned to Washington, D.C. with the hope of securing \$250,000 to \$500,000 in federal funding for the city's downtown revitalization effort.

Sheets visited the nation's capital two weeks ago with several other city leaders in search of federal assistance. He was scheduled to meet with Connie Harriman, Under Secretary of the Interior. Congressman Brian Donnelly and Senator Ted Kennedy were also invited to attend the meeting.

Mayor Sheets is focusing on tourism as a key component to the downtown revitalization effort. In fact, the mayor believes Quincy can capitalize on its history and become the second biggest tourist destination in the state, right after Boston.

QUINCYISMS

Dependable Cleaners, with three locations in Quincy, was offering: "Free \$2 In Cleaning or Laundering. Offer Expires On the Stroke of Noon, Thursday, July 5, 1990" ... Barry's Deli, 21 Beale St., Wollaston, specials included: "Pearls' Pastrami, \$2.99, regularly \$4.49. Save \$1.50 on an Antipasto Salad, \$1.49, Regularly, \$2.29. Save 80 Cents" ... The Agnitti Insurance Agency, 21 Franklin St., South Quincy, services included: "Registry Service, Free Notary Service, Time Payments, Full Computerization, Quotes By Phone" ... The Houghs Neck Community Council elected the following officers for 1990-1991. They included: Tom Timco, president; Mary Laing, vice-president; Eileen Timco, treasurer; Gay Carboneau, corresponding secretary. Executive Board members included: Dan Bythrow, Mike Preble and Dave MacMillan ... Mary Pellegrino, 31 Bennington St., received a Bachelor of Arts degree in Art from Framingham State College ... Maria Barber, 56R Newcomb St., was named to the spring semester Dean's List at Johnson and Wales University, Providence, RI. She is majoring in baking and pastry arts ... Ward Three Councilor Larry Chretien presented City of Quincy citations to Jon Hassler and Principal Leon Gould of the Montclair School upon their retirement, with 38 years and 23 years, respectively ... Ellen Zane, Quincy Hospital Director, was honored with the Member of the Year Annual Recognition Award from the Health Care Management Association of Massachusetts. Ms. Zane was recognized for the outstanding contributions she had made to the health care industry ... Donna A. Gillan, daughter of Mr. and Mrs. Joseph Gillan, 226 Billings Rd., North Quincy, received the degree of Bachelor of Science in business administration, cum laude, from Suffolk University ... Previte's Market, 72 Sumner St., Quincy Point, was offering: "Our Own Homemade Italian Sausage for \$2.19 a pound" ... The Quincy Art Association, 26 High School Ave, was offering: "Classes Just for Kids. Two-Day Workshops and Art Classes for Eight Weeks During July and August" ... The 10-year pastorate of Rev. J. William Arnold at Bethany Congregational Church will end with his final sermon, titled: "The Ministry of Absence." Rev. Arnold is retiring after 43 years of pastoral ministry ... Richard Weidman of Quincy recently received a Master of Business Administration degree from Babson College. He had received his undergraduate degree in accounting from Bentley College ... Kathy Stark of Quincy was named Female Athlete of the Year at Eastern Nazarene College ... South Shore Buick, 50 Adams St., Quincy Center, was advertising 1990 Century 4-Drive Sedan for \$12,480 ... Sea Street Auto Service, 169 Sea St., was offering: "Oil Changes for \$19.95" ... "Teenage Mutant Ninja Turtles" was playing at the Wollaston Theater, Beale St.

QARI

**2019-2020 U&I Mentoring
END OF YEAR
CELEBRATION**



QARI Hosts Virtual U&I Mentoring Program End-Of-Year Celebrations

By TINA HO

**QARI Youth Program Assistant,
U&I Mentoring Coordinator**

On May 18th, 20th, and 21st, QARI's Youth Development Department hosted virtual U&I Mentoring Program End-of-Year Celebrations. The event celebrates the accomplishments of U&I's high school mentors and middle school mentees and acknowledges the support of Central Middle School and Atlantic Middle School faculty QARI staff, parents, and friends.

In partnership with Quincy Public Schools, the U&I Mentoring Program is in its ninth year. Serving the immigrant youth community in Quincy, the program pairs English Language Learning (ELL) middle schoolers with high school mentors. Through team building games, tutoring, and projects that build their self-confidence and conversational English skill, mentors support their mentee's transition to a new community. The mentors and U&I coordinator help mentees with their academic progress, prepare them for high school, and foster healthy biculturalism. Despite the challenges of COVID-19, the program finished strong virtually with 29 mentoring pairs.

The End of the Year Celebration highlights the growth of mentees: each presented about their mentors and spoke about the program's impact.

"The whole program is good, the mentors are really helpful. The program positively impacts our mentors too," said 8th grader Harry Yang from Atlantic Middle School. William Lau, a junior mentor from Boston College High School, said, "One thing that I will miss the most is the time I got to spend with my friends while traveling to the program and while helping our mentees with homework and projects."

Thank you to Quincy Public Schools, sponsors and adult and youth volunteers who have dedicated their time, support and energy to the program. We look forward to working with youths and building a great relationship with the community next school year!

Eight Quincy Students On Wentworth Dean's List

Eight students from Quincy have been named to the Dean's List for the spring semester at Wentworth Institute of Technology in Boston. They are:

Dovi Kokou Ajavon, Eric Jian Fei Huang, Daidithza Carballo, David Paul Toupin, Sara G. Mahmoud, Hongzhi Chen, John Henry Campbell and Maurice Barros.



DARIAN HOCKNEY, 10, honors her father, a Quincy police officer, during the Defend the Police rally at Wollaston Beach.



RESIDENTS FROM AROUND the South Shore gathered to support police during the Defend the Police rally at Wollaston Beach.

Quincy Sun photos/Tom Gorman

Over 100 Turn Out At Defend The Police Rally

Cont'd From Page 1

forcement and the service you provide every day," said Lauren Koch in welcoming those to the rally.

Mayor Thomas Koch spoke to the gathering and said he appreciated the support being shown to law enforcement.

"Right now, our police forces have really been under not only verbal attack that we've seen across the nation," he said. "Ninety-nine percent of our officers do the right thing day in and day out. I would suggest in Quincy it's 100 percent."

Referring to the killing of Weymouth Police Sgt. Michael Chesna in Weymouth two years ago, Koch said that officers' families deal with much stress fearing for their safety.

"I know the sacrifices of the families of police officers...the loved ones of police officers go through great anxiety thinking of what could happen to their loved one," he said. "There's real potential for loss of life and

danger. But worse right now I think to their anxiety, is the attack on the complete police department in our country. I think it's important to do what we're doing today so our officers know we're standing with them and that we're providing every resource they need to keep us safe."

The mayor denounced nationwide calls for abolishing police.

"Think of the asinine argument to do away with police departments," he said. "When you pull out the (police) log each day, we could show you the department responding to the people in need every day."

Koch referred to police dealing with such calls as domestic violence and how they handle them.

"What these officers witness each and every day is in many ways the worst in humanity and they do it day in and day out with class and respect for everyone," he said.

Cont'd On Page 11



MAYOR THOMAS KOCH addresses the Defend the Police rally at Wollaston Beach.



THERESA MCCARTHY, whose husband and son are police officers, shows her support for police during the Defend the Police rally at Wollaston Beach.

Be Careful What You Wish For Or Say

READERS FORUM

Many are demanding that police departments be defunded or be abolished all together.

First, I'm against abolishing all together. If there was no police, everywhere would be a "Wild West", with just about everyone carrying a gun; each community having its own set of "laws"; no one group to reliably depend on for safety and protection.

I could see a dismantling and rebuilding of a police dept., for example, in Camden, New Jersey, but dis-

banding...it would be dangerous.

Secondly, I would favor defunding a police department, in which substantial amount of funds are diverted to more social programs for the neediest. But even then, we need to be careful of what police programs would be slashed. Community policing to me is a necessity.

Also, programs that have

members joining in social gatherings (barbecues, ice cream festivals, sports) is vital in having both sides build trust and respect for one another. Defunding would not be a clear cut solution, and would take a lot of input from both sides.

Lastly, not all police departments and police personnel are monsters. Many men and women from all backgrounds entered the profes-

sion to help their communities, and right what they saw was wrong. Of course, no police department is perfect. Police department "A" is probably better than department "B" and police department "B" could be better or worse than department "C", and so on, but please avoid making general, negative, broad statements, putting all police departments in one "monster" group.

Be careful of what you wish for or say.

Gene Lee
Quincy

25

2020

JUN

Quincy Farmers Market Starts 38th Season Friday

By JANET LITTLE
Market Manager

Quincy Farmers Market

Inspired by the fortitude and resilience of the Finnish immigrant founder of the Quincy Farmers Market Anneli Johnson, the market plans to launch its 38th season as is traditional on the last Friday of June, the 26th.

Same park, different position – now in the South West parking bay of Pageant Field in Merrymount Park at the start of the Southern Artery. It overlooks Quincy Bay across the Black's Creek estuary where we watch hawks and eagles above, hunting for their own dinner. As they navigate the regulatory slings and arrows of the pandemic, we will have our battle with the disruptions of the traditional market in the shade of the majestic trees of this historic property granted to the city by the Adams' family. There will be a new design – streamlined, fast, and super-safe experience – pre-order and drive-through pickup, about one to a few minutes per vehicle. Shorter hours, too – from 1-4 p.m., to give the farmers time to assemble some of the orders before they leave their farm.

Some new vendors and products, but baked goods, artisanal products and prepared foods may be added as the regulating agencies determine guidelines, policy and timing.

The season begins with "essential" agricultural vendors – fruits and vegetables, eggs, microgreens and mushrooms, seedlings and potted plants, honey, grass-fed beef and chicken. A key point about this market, in contrast to other shopping experiences, is it is a "producer-only market" – the

person handing you their product has been intimately involved in producing that product. They are one of the farmers, sometimes even the owners of the farm – there to guarantee the provenance, that is the origin and chain of custody of what you are buying. Also note that this is a source of food touched by the fewest hands – save growing things yourself.

The full complement of vendors may return in phases. But first, we must demonstrate that the market can enlist the cooperation of our patrons to learn together to abide by Public Health guidelines in a stellar manner that makes it without question the most compliant type of social event that exists in the city.

To engage us in this new context around that which is most local, that which is most safe, and that which helps build regional resilience, visit www.quincyfarmersmarket.com to find out how to pre-order and pickup. You will order from each farmer / vendor individually and pay them individually as well.

The produce farmers, Stillmans Farm of New Braintree and Freitas Farm of Middleborough, are beginning the season by selling pre-packaged bags of produce, at several different price points. There will usually be a choice of add-ons to the pre-order on site at the market. A new farmer this year, Andy from Charles River Farm in Franklin will bring potted plants, mushrooms, microgreen and a selection of vegetables. Mao's Microgreens from Braintree will have a variety of microgreens both packaged and potted. Erin from Stoney Creek Farm in Swansea will be selling her grass-fed

This year's market requires a lot more man power. We are looking for volunteers to help with fencing the drive thru, which is required by state regulations; we have to put up and take down a plastic mesh fence each week.

We also need volunteers to monitor the operations, entrance and exit, as well as translators to be on call by phone – especially Cantonese, Toisanese, Mandarin, Vietnamese, Central Thai, Portuguese, Spanish, Russian, Albanian, Arabic, and Hindi speakers.

Contact us at janet.little@comcast.net or call 339-225-2607 if you can help.

Mary Katherine Whitley On SNHU Dean's List

Mary Katherine Whitley of Quincy has been named

to the Dean's List for the winter term at Southern

New Hampshire University in Manchester, N.H.

Two Students On Becker College Dean's List

Two students from Quincy have been named to the Dean's List for the spring semester at Becker College.

They are:

Joshua Gauyo who is pursuing a Bachelor of Arts degree in interactive media design, game production & management concentration.

Louis Wong who is pursuing a Bachelor of Arts degree in integrated graphic design and media.

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Social



MELINDA ADAMS, the librarian at the South-West Middle School, recently sent postcards to each of the school's 400 students as a way to reach out to them amid the coronavirus pandemic. She set about calling and emailing stores to purchase postcards but wasn't having much luck. Her luck changed when she contacted Chris Brown, the owner of Humarock Gifts, who immediately said she would give every postcard she had in her store! Not only did she give Melinda the postcards, but she also gave every stamp she could find! But there just was not enough to send to every student, so Melinda was about to give up, until she contacted the Executive Director of Plimoth Plantation, Ellie Donovan, who without hesitation gave her 300 postcards so that she would now have enough to send one to each student.

Courtesy Photo

Five Residents Earn Degrees At Lasell University

Five Quincy residents recently earned degrees at Lasell University in Newton.

They are:
Riley Driscoll, BA in

communication; Timothy Gilgallon, BS in athletic training; Kelly O'Connor, BS in accounting, Karen Urdaneta, magna cum laude BA in sociology; and Valencia Vixama, BA in fashion communication & promotion.

Samantha LaPierre Inducted Into Honor Society

Curry College announces Samantha LaPierre of Quincy has been inducted into

Lambda Pi Eta, the official communication honor society of the National Commu-

nication Association.

LaPierre was one of 15 students inducted at the end of the spring semester.

Two Students Inducted Into Alpha Phi Sigma

Two students from Quincy were recently inducted into Alpha Phi Sigma, the National Criminal Justice

Honor Society, at Curry College in Milton.

The students are Jaclyn Donahue and Daniel Clark.

Lambda Alpha is the Curry College Chapter of Alpha Phi Sigma, the National Criminal Justice Honor Society.

Jamie Meade Inducted Into Alpha Gamma

Curry College announces Jamie Meade of Quincy has been inducted into Alpha Gamma.

Meade is one of 12 stu-

dents inducted this year.

Alpha Gamma, Curry College's chapter of Alpha Kappa Delta was founded in 2018. Alpha Kappa Delta,

the international honor society in Sociology, was founded in 1920 at the University of Southern California by Dr. Emory Bogardus.

Four Students On SNHU President's List

Four students from Quincy have been named to the President's List for the win-

ter term at Southern New Hampshire University in Manchester, N.H.

They are:
Nha Ho, Anna Laugelle, Daniel MacIsaac and Jiajie Mai.

Shaylee Bean On New Haven Dean's List

Shaylee Bean of Quincy has been named to the Dean's List for the spring semester at the University

of New Haven in West Haven, CT.

Bean, a student in the

College of Arts and Sciences, is working on a bachelor of science in biology.

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Step Two Of Phase 2 Business Reopening Now Underway

By SCOTT JACKSON

Bay State restaurants could start offering table service indoors and offices can bring back more workers beginning this past Monday (June 22).

Close-contact personal services such as nail salons and tattoo parlors can also re-open, and customers can start using fitting rooms at retailers by appointment only.

Gov. Charlie Baker on June 19th announced the second part of phase two of his plan to re-open Massachusetts businesses could begin because of the state's continued progress to stop the spread of COVID-19.

"The commonwealth has made significant progress to reduce the spread of COVID-19 and to reduce the number of residents requiring hospital-level care," Baker said, noting that the positive test rate has fallen 92 percent since April and

fewer than 1,000 residents were hospitalized.

The governor also urged Massachusetts residents to continue taking steps to stop the spread of the virus, including social distancing, frequent handwashing, and wearing face coverings when necessary.

"COVID will continue to be with us until there is a medical breakthrough, but the tremendous progress we have made proves that these things do work, and we can contain the virus," he said. "This is how, over time, we contain the virus and continue to open at the same time."

While Massachusetts has made progress in containing the coronavirus, outbreaks have occurred in other states in recent weeks.

"We should keep in mind that COVID doesn't take the summer off. We cannot and should not become complacent. Recently, other states

have seen increases in cases and in hospitalizations," Baker said.

"The progress we are making here in Massachusetts demonstrates that if we are vigilant and disciplined, we can do both — we are re-opening and containing COVID, but it only works when everybody does their job."

Restaurants had been limited to carryout and delivery when the outbreak began in March and were given permission to offer outdoor dining when phase two began on June 8.

New rules for restaurants require tables to be spaced six feet apart and limit parties to six people or fewer. Customers must also wear face coverings when entering and exiting a restaurant and when moving around inside them but can remove them once they are seated.

Non-essential offices were required to close in March and were allowed to

re-open at 25 percent capacity when phase one began in May. Starting Monday, offices can operate at 50 percent capacity, but state officials urged businesses to allow employees to continue working from home.

"To the extent that companies can continue to support their workers as they work remotely, we highly encourage them to do so," Baker said.

"It's not easy for many to work from home, especially with kids and other distractions, but it is incredibly helpful in reducing the spread of COVID and it also leaves transportation venues open to those who have to go to a physical place of employment."

The state's executive branch employees who have been working from home will continue doing so, the

governor added.

Some personal services, including barber shops, pet grooming and car washes, had been allowed to re-open in phase one while others like tutoring and window washing were included in the start of the second phase. Those allowed to re-open on Monday include nail and skin care, hair removal and replacement, message therapy, makeup salons, tanning salons, tattoo and piercing services, and personal training.

of the re-opening plan could begin is July 6.

"We want at least two weeks of data on indoor dining," he said.

Phase three tentatively would include museums; indoor historic spaces; aquariums; casino gaming floors; outdoor and indoor theaters and performance spaces of moderate capacity; sightseeing tours like harbor cruises and bus tours; gyms and fitness centers; and indoor recreational facilities.

Larger venues — like stadiums and arenas — will not be allowed to open until phase four. Amusement parks are also included in the fourth phase along with bars, beer gardens, wineries and distilleries that do not offer food service. Road races, parades and street festivals could not be held until phase four either.

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WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Chicken Squares With Mushroom Sauce

By MARIE

Today's recipe for chicken squares is one I first made a while back. I have also made these delicious squares using sausage, so you can take your pick and choose whichever meat that you prefer.

Pre-heat oven to 350 degrees — grease a 9 x 9 baking dish or pan

RECIPE AND INGREDIENTS:

2 cups soft breadcrumbs (I used panko)
2 cups chicken broth
4 eggs, beaten
1/3 cup chopped celery
1 small onion, chopped
1/2 cup red pimentos (you buy these in a jar)
1/4 teaspoon salt
1/2 teaspoon Bell Seasoning
3 cups chicken, cooked thoroughly and chopped
1 cup of long-grain rice, cooked

Note: If you are using sausage use about 4 or 5 sausages

Combine all of the above ingredients in a large bowl until well blended.

Turn mixture into 9 x 9 pan.
Bake in a 350-degree oven for 40 to 50 minutes.

MUSHROOM SAUCE

1-pound package of sliced mushroom
1/4 cup sherry
2 tablespoons low sodium soy sauce
2 tablespoons olive oil
1 teaspoon of flour

In a small sauté pan, heat the olive oil, place in the mushrooms and turn and stir for a couple of minutes, then add the sherry and soy sauce and 1 teaspoon of flour and salt and pepper to taste.

Cover and simmer on low heat and set aside.

When squares done, cut and top with mushroom sauce.

Mexican Style Quinoa

By SUSIE

Many times I hear from patients that they do not like quinoa. When we start discussing it, it usually, if not always, ends up that they simply boil it in water and plop it on a plate!

You wouldn't serve rice or pasta that way and expect it to taste good.

Here is a great and easy recipe for a quinoa dish that everybody loves. It is flavorful and packed with nutrients.

Quinoa is an ancient grain of the Peruvians who used the grain for stamina and energy. It is very easily digested as well.

2 tablespoons olive oil
1 cup uncooked quinoa, rinsed well and drained (it must be rinsed to avoid a bitter taste)
1 medium onion, chopped

3 cloves garlic, minced
1 red pepper, chopped
1 can tomato sauce (8 oz)
2 1/2 cups broth (I use chicken or vegetable)
2 tsp chili powder
1 tsp cumin
sea salt
fresh cilantro, avocado, salsa for topping

Simply sauté onion, pepper, and garlic in a sauté pan until fragrant. Add quinoa and toss to coat for a few minutes. Now add the broth, tomato sauce, and dried herbs.

Stir, cover, and simmer until liquid is absorbed, about 15 minutes.

Season to taste with sea salt and toss with cilantro.

Serve with sliced avocado and salsa. Enjoy!

READERS FORUM

Quincy CAN Urges Government To Adopt Climate-Friendly Policies

Dear Editor,

Environmental lawyer and Boston College Law School professor Zygmunt Plater recently remarked that government and individual responses to the coronavirus pandemic show that actions "that may have seemed radical in the very recent past now seem necessary for societal survivability." In that way, Plater said, the pandemic and our responses to it should give us a new way to look at the actions we need to take against climate change.

Quincy Climate Action Network agrees with Plater that both crises require novel and multipronged responses, and yet the actions required to fight climate change, while numerous and varied, aren't nearly as radical as what societies have done in the last few months. Compared to closing down economies or staying shut up in our houses, climate solutions are generally painless. Indeed, many will improve our quality of life, by cleaning up the air we

breathe, lowering our utility bills, saving us money at the gas pump, increasing the comfort of our workplaces and homes, and fueling the growth of well-paying jobs in green energy.

Even as we struggle with the pandemic, QCAN continues urging governments to adopt climate-friendly policies. On the federal level, this could mean things like rejoining the Paris Climate Accord and unfreezing the stalled approval process for offshore wind developments such as Vineyard Wind. On the state level, it might include a rapid conversion of the MBTA bus fleet to battery electric buses. Locally, it could include acquiring the more-efficient hybrid cruisers for use by the Quincy Police Department and amending the city's plastic bag ban to encourage adoption of reusable bags.

While we're only just learning how to extinguish the coronavirus, we have known how to fight climate change for years. It isn't that hard, and in Plater's words, it's "necessary to societal survivability," so why not just commit to doing it?

David Reich
Board Chairperson
Quincy Climate Action Network

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CHECK ENCLOSED

Does Sleep And Light Activity Improve Our Mood?

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-F

There is an abundance of evidence suggesting that a sedentary lifestyle is less beneficial to good health than a physically active one. For the moment, COVID-19 restrictions have made it more difficult for many people to remain active or even begin to exercise. Some of the current situation is a reflection of many people working at home, however some of it is by choice, such as the hours we eagerly allocate to TV binge-watching.

The negative effects of time spent sedentary are acquiring significant attention. Undeniably, time spent sedentary, such as awake, in a seated or reclining posture, and with little energy expenditure, is commonplace, with U.S. adults spending 75% of their waking hours and 90% of their leisure time inactive.

Not only is total sedentary time correlated with poor health, but the latest data suggest that sedentary time accrued in prolonged sessions, such as those lasting longer than 30 minutes, may perhaps be particularly

harmful. In view of the high prevalence of sedentary activities and their consistent associations with mortality and cardiovascular disease, depression, anxiety and stress, prolonged sedentary time is especially concerning from a public health perspective. Reducing sedentary time may be an important objective for improving health.

A new study, published in the American Journal of Preventive Medicine suggests effective and somewhat surprising ways to spend our spare time that could also benefit our health. The research finds that going to bed or doing light tasks around the house helps your mood more than staying on the couch. The study suggested that replacing sedentary screen time with other activities may improve mood and body mass index.

Additionally, the research suggests that moving from the couch to the bed, and to sleep is more energizing than spending hours sitting in front of a screen and the same is true of doing light housework. The findings arrive at a particularly

useful time for those struggling to feel good during the COVID-19 pandemic restrictions.

Lead author Jacob Meyer of Ohio State University (OSU) in Columbus, pointed out that with all that is happening presently, this is one thing we can control or manage, and it has the potential to benefit our mental health.

According to the researchers, previous studies have shown that adults in the United States normally spend the majority of their waking hours sedentary. Since COVID-19, even active adults have seen their activity levels decrease by about 32%, according to preliminary data the researchers released in May. During quarantine, and after a day's work, people may find themselves seeking restorative activities within their four walls, and engagement in online entertainment may seem like an appealing form of escape. The new OSU study suggests, however, that there are healthier options that people can simply work into their quarantine schedules. Study authors remind us that

it may be easier for people to change their behavior if they feel it's easily accomplished.

The first of the study's conclusions is that people should turn off the TV and simply go to bed for the night. The researchers correlated getting more sleep with feeling less stressed, enhancing mood, and even having a lower body mass index (BMI). They also connect a lasting reduction in BMI, as well as improved mood, with some light activity performed around the home. While previous studies, as well as this study document the value of moderate-to-high levels of activity, Meyer and his colleagues observed real benefits even from less demanding activities, such as walking around as people converse on their phones, or standing as they prepare dinner. Though not perceived as exercise, these activities do more for you than merely being sedentary, the researcher maintains and light activity, though much lower intensity than going to the gym, may have an impact.

The OSU study analyzed

data from the 2010-2015 Energy Balance Study at the University of South Carolina. It utilized 423 participants ranging from 21 to 35 years of age, with BMI values of 20-35.

To accurately track participants' activity levels, the researchers provided each a SenseWear armband, which is an activity tracking device, to avoid inaccuracies that could result from self-reporting. Each participant was monitored for 10 consecutive days for 24 hours a day, except during water-based activities, such as bathing or swimming. Individuals recorded any periods without wearing their armbands, as well as their activities during those times.

A follow-up exam a year after the study revealed the continuing benefits of replacing time spent sedentary with light exercise. Participants' moods were self-reported using the Profile of Mood States. Cohen's 10-item Perceived Stress Scale measured their perception of stress. Three height and weight measurements, on average, were obtained for each person to determine



RUTH JONES

their BMI.

The data acquired from this study correlated extended periods of sedentary behavior with poorer health and mood and moderate-to-high levels of physical activity with beneficial health and mood benefits. Additionally, it also revealed that light exercise and sleep have value. Researchers were pleasantly surprised at the positive effect of light exercise, particularly, its long lasting effect.

Bottom line, even sleep may be better than just sitting around, and the implication may well be that if you plan to just sit around do nothing, you might as well go all the way and take a nap.

Ruth Jones is the health commissioner for the City of Quincy.

BID-Milton Resumes Elective Surgeries, Procedures, Clinic Visits

Hospital Launches Safe Care Initiative

Beth Israel Deaconess Hospital-Milton (BID Milton), part of Beth Israel Lahey Health (BILH), has resumed non-urgent, elective surgeries, procedures and clinic visits following the state's phase 2 lifting of restrictions due to COVID-19. BID Milton also announced the launch of BILH Safe Care, a set of rigorous standards to protect the health and safety of patients, visitors and staff.

As part of the state's phased re-opening plan, BID Milton is again providing a broad range of elective inpatient and outpatient procedures and services, including joint replacement

surgery, routine screening mammograms, colonoscopies and patient visits in the Center for Specialty Care. Patients should contact their primary care provider or specialist for more information and to schedule an appointment.

"Our dedicated caregivers and staff continue to stand ready to meet the health care needs of our patients and community," said Rich Fernandez, president of BID Milton. "As we return to providing the in-person services our community needs to remain healthy, we have implemented a comprehensive, best-practice safety program to protect

our patients and staff." Now in place at BID Milton, BILH Safe Care combines new processes, standards and technologies to promote patient safety, including:

- A three-point symptom check to confirm patients are not experiencing symptoms of COVID-19 before their in-person visit, as well as daily symptom checks for staff;
- Universal masking requirements for patients, escorts and staff;
- Enhanced cleaning and disinfection of exam rooms, high-touch areas and common spaces; and
- Redesigned spaces to

accommodate social distancing and safe pedestrian traffic flow.

BID Milton also offers telehealth options for many specialty areas, as well as primary care. To learn more about the hospital's telehealth options, please visit www.bidmilton.org/for-patients-and-visitors/telehealth-services/

"We know members of our community have a lot of questions about in-person health care visits," said Sheila Barnett, MD, chief medical officer at BID

Milton. "We want our patients to know that seeking care – whether for a routine check-up, preventative testing or an emergency – is important, and BID Milton has

taken all the steps necessary to assure your safety."

For more information about the BILH Safe Care Plan, visit www.bidmilton.org/.

HELP WANTED

HELP WANTED - ADMISSIONS CLERK

The Quincy Housing Authority has an employment opportunity for an Admissions Clerk in its Tenant Services Department. The incumbent will work with applicants, residents and managers to process applications and select applicants for housing utilizing the state requirements and the CHAMP database system. The applicant will help resolve problems that arrive in connection with housing applications. The incumbent is responsible for processing applications for housing; determining income eligibility; preparing applicants for occupancy; and maintaining complete and accurate records of applicant, unit and waiting list information. He/she must be able to understand regulations and statutes relating to housing admissions, occupancy, and work with numbers and statistics. The incumbent must be computer literate in word processing, spreadsheet and database programs; have good writing skills, customer service skills and be able to perform under pressure. General office experience is required, along with two years of college education in human services related subjects or three years experience in a related position required.

Please submit an application and resume to Terry Champion @ tachampion@quincyha.com by 4:00 p.m. July 8, 2020. Salary is \$44,207.80 and the position is part of the AFSCME bargaining unit.



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On Tuesday, June 16, at approximately 3 a.m., Officer Folan responded to 40 Washington St. on a report of a parked van playing loud music. The reporting person stated the van was parked in the parking lot of the Thomas Crane library on the Spear Street side of the building.

Officer Folan arrived on scene and observed a white male sitting in a van with Thomas Crane Library markings on the side. As Officer Folan exited his cruiser and approached the van, he could hear music emanating from the cab area. The vehicle did not appear to have the engine engaged and actively running. He went to the driver's side of the vehicle and the man inside first lowered the vehicle's radio volume then opened the door and remained seated.

Officer Folan asked the man why he was seated in a city-owned vehicle at this time of night. The man stated "My Buddy let me in." Officer Folan asked the male if he could identify his "buddy" by name. The male responded by stating "you know who he is." Officer Folan informed the male he no idea as to the identity of his "buddy."

While speaking with the male, Officer Folan noticed he was holding a glass beverage bottle. The male stated, "That's my friend Thomas Crane." Officer Folan asked the individual if he had identification which he responded "no." He requested the individual to exit the vehicle and noted that his demeanor changed.

He started yelling, "I'm Angel Mother F@#&!* and "I'll f@#k you up." The individual became even more volatile and stated, "You want to fight me." Officer Folan advised him that he did not want to fight anyone.

Due to the individual's increasing agitation and volatile

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

behavior, Officer Folan requested backup. The male suddenly leaped out of the van while holding the glass beverage bottle. He then took a fighting stance while holding the bottle in a defensive manner and stated, "I'll bash your head in Mother F@#%*."

Officer Folan then withdrew his baton. The individual charged toward Officer Folan while holding the bottle and screaming "I'll f@#k you up." Officer Folan took a step back holding his baton in a ready position. He repeatedly instructed the man to drop the bottle and stay back. Officer Folan held his left arm out to create distance between himself and the male, who kept charging and then backing off.

At one point, the individual grabbed Officer Folan's left hand. He used enough force that when Officer Folan pulled away, his glove was removed. The individual then attempted to kick Officer Folan while yelling, "I'll bash your head in."

The individual came at Officer Folan holding the bottle in a menacing manner. Officer Folan then struck the individual with his baton in the thigh area of his leg two to three times. The individual moved to Officer Folan's right side and brought the bottle around in a swinging motion. Officer Folan conducted a baton strike to the individual's hand, in an attempt to disarm the man. The bottle fell to the ground

and smashed.

The man appeared to be even more enraged and continued to make threats to harm Officer Folan. He then raised his hands in a closed fist manner and Officer Folan deployed his OC pepper spray. The OC spray had an effect and the individual covered his face and began to walk away. He walked approximately five feet and then stopped and bent down.

At this time Officer Fish had arrived and officers attempted to place the male into custody. The individual began to actively resist while yelling profanities at the officers. Officers were eventually able to place the individual under arrest as he continued his combative behavior. He was transported to Police Headquarters by Officer Fish. An ambulance was requested to respond to Police Headquarters to provide aid to the man for the exposure to the OC spray.

Officer Folan examined the van and observed damage to the interior of the cab. The sun visor appeared to have been forcibly removed from its base and was now resting on the passenger seat. The vehicle's directional lever appeared to have been broken off and was separated from the steering column. The vehicle's rear view mirror and its housing mount appeared to have been forcibly removed and were now resting on the passenger seat.

The 40 year-old male from Quincy was charged with assault and battery on a police officer, assault by means of a dangerous weapon (bottle), breaking and entering a motor vehicle in the nighttime, and defacing or vandalizing real or personal property.

Great job!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, JUNE 12

BREAKING AND ENTERING/PAST (dwelling), 12:36 a.m., Kidder Street. Serviced. Caller states happened 15 minutes. Caller states that garage windows busted in and the party was not there when he went out. Caller states he did not see who did this.

LARCENY/MOTOR VEHICLE (overdue vehicle), 12:59 a.m., Water Street. Caller wants to report her vehicle stolen. States she lent it to her BF who was supposed to return it at 9:30 p.m. last night. States that when he didn't return she called him and an unknown male answered his phone stating that he had been an MVA somewhere in South Boston but didn't know where exactly and was being taken to a hospital but didn't know which one. Reporting party called Boston and State Police who stated they have no records of a MVA. She also called area hospitals who state he is not there. Caller concerned vehicle is stolen at this point due to not being able to get in contact with him. Report to be filed for use without authority.

VALDALISM/PROPERTY (mirror), 10:29 a.m., South Shore Car Wash, 384 Centre St. Reporting party states he is trying to speak to staff regarding broken mirror from car wash but there is a language barrier. Reporting party requests to speak with an officer. Damage caused by the car wash. Civil matter.

LARCENY/MOTOR VEHICLE (overdue rental), 10:35 a.m., Enterprise Rent A Car, 500 Adams St. Reporting party in police lobby. Stolen MV report signed, entered. Waiting for rental agreement to be faxed by employee of Enterprise Rent A Car. Called, spoke with second employee to get information for overdue rental to enter stolen MV. Suspect added for field.

LARCENY/ATTEMPT (false identity), 10:44 a.m., TD Bank, 323 Hancock St. Reporting party states that male came through and attempted to cash check. When confirmed he was not account holder, male fled. Staff member has information to file.

LARCENY (laptop), 7:57 p.m., United First Parish Church, 1306 Hancock St. Approximately one hour ago; occurred outside. Reporting party left it unattended for a moment and came back to it missing.

ASSAULT AND BATTERY (head bleeding), 9:11 p.m., 375 Washington St. Male fell in parking lot. Additional caller reports party got knocked out. Unknown further. Brewster Ambulance, one to South Shore Hospital.

SATURDAY, JUNE 13

VALDALISM/PROPERTY (cutting flowers), 11:43 a.m., 1350 Hancock St. Gone on arrival. In front of city hall; cut flowers and made a small bouquet. Female walking to MBTA - happened a few minutes ago. Caller hung up; reporting party phone is now off. Gone on arrival.

BREAKING AND ENTERING/PAST (dwelling), 1:29 p.m., 1000 Southern Artery. Damage to door; no b&e, no damage to the door. Party advised.

LARCENY (package), 1:34 p.m., Merrymount Road, 782 responding to address. Serviced.

SUNDAY, JUNE 14

LARCENY (black bicycle missing), 3:18 p.m., 175 Quincy Shore Dr. Kept in rear vestibule hallway with other tenant's bikes with turquoise logo - a Trek brand. Was taken sometime this week. Reporting party will speak to landlord to see if any video.

LARCENY (medication), 5:31 p.m., 91 Clay St. Reporting party states she has visiting nurses assist her with medication. Now numerous medications are missing.

MONDAY, JUNE 15

LARCENY (passport and green card), 6:55 a.m., 175 Centre St. Caller states that he called two months ago when this first happened and spoke to someone whom he can't remember to make a report and was told he couldn't because of the COVID crisis. This happened two months ago. Caller now lives in Penn. Caller states that his roommate took his passport, green card and other non-vital personal items such as TV and clothing. Would like an officer to call him so he can make a claim. Larceny report to be filed.

LARCENY (package), 5:21 p.m., Granite Street. Language barrier, 783 coming in to translate. Serviced.

ASSAULT AND BATTERY (head injury), 7:18 p.m., Hancock Street. Outside, male bleeding from head. Caller very uncooperative. Transferred to Brewster. Approximately 40 year-old male is awake, sounds like he is trying to get up. Injury possibly from a disorder. Suspect black male.

black pants, turquoise jacket. MBTA and City Hall plaza checked. Suspect gone on arrival. Report to be filed. One to Quincy Medical Center.

ASSAULT AND BATTERY (female), 9:01 p.m., Fifth Avenue. Large group of kids jumped a female party. Female was punched in the face. Mother on scene and declining EMS on behalf of her daughter. Report to be filed.

VALDALISM/PROPERTY (burglar alarm), 9:47 p.m., Hajjar Clothing Co., Inc., 513 Quincy Ave. Window is shattered in the front. Keyholder contacted from business field number.

TUESDAY, JUNE 16

VALDALISM/PROPERTY (car was keyed), 10:40 p.m., Billings Street. Keyed down both sides.

VALDALISM/PROPERTY (broken windows), 3:55 p.m., Marshall School, 200 Moody St. ext. Serviced.

WEDNESDAY, JUNE 17

LARCENY (pocket book), 1:53 p.m., Quincy Center Plaza, 1385 Hancock St. Party was sitting on bench in front of above address and when she got up to leave realized her bag was missing.

LARCENY (package), 7:31 p.m., Faxon Commons, 1035 Southern Artery. A little language barrier. Report filed.

LARCENY (wallet), 9:08 p.m., 363 Hancock St. Wallet possibly fell out of pocket.

LARCENY/MOTOR VEHICLE (blue Ford Fusion), 10:09 p.m., 93 Willard St. Within last 15 minutes vehicle was stolen from out front of above address. Keys were inside vehicle. Stolen form filled out and signed, to be brought in to be entered into TTY. Entered into TTY.

THURSDAY, JUNE 18

LARCENY (overnight), 10:38 a.m., 508 Washington St. Serviced.

LARCENY MV'S: Willard Street, Adams Street, Water Street

BREAKING & ENTERING MV: Washington St, Arlington St (2)

BREAKING & ENTERING (PAST): Kidder Street

CALLS FOR SERVICE: 982

BBB Warning: Lottery Scam Involves Impersonating Better Business Bureau

The Better Business Bureau (BBB) is issuing a warning after an elderly San Jose, California man lost \$45,000 to a lottery scam. BBB found out about the scam when it was originally submitted by mail as a complaint to Better Business Bureau of Upstate New York. According to BBB ScamTracker, the victim sent the letter to BBB of Upstate New York, thinking he was still contacting the "BBB employees" to get his sweepstakes winnings. BBB investigators be-

lieve the scammer(s) never expected the victim to be "BBB employees" claiming he won a prize from the "Mega Lottery." According to BBB ScamTracker, the victim sent the letter to BBB of Upstate New York, thinking he was still contacting the "BBB employees" to get his sweepstakes winnings. BBB investigators be-

lieve the scammer(s) never

expected the victim to be "BBB employees" claiming he won a prize from the "Mega Lottery." The victim mailed \$16,000 in \$100 bills via FedEx to the scammers. He was contacted in February to pay more for the so-called "winning check" for validation from a Bank of America branch in Rochester, New York. Fortunately, the victim did not respond to the request and instead reported it to BBB.

Fraudsters involved in this type of scam will use email or a phone call to convince people they've won a large amount of money from a sweepstakes, lottery, or some other game of chance.

They often count on the person not remembering that they entered the contest, so they can then convince them to pay taxes, shipping costs or provide some personal information to claim the winnings. When the scammer does mention payment, it is often an alternate form, such as wire transfer, pre-paid card, gift card, or in some cases, cash tucked into a magazine sent directly through the postal service. All of this carried out many times without family or friends

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Over 100 Turn Out At Defend The Police Rally

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The mayor said that while people have the right to express their views, there is no reason for violence.

"I understand the right for peaceful protest and the right of everyone to have an opinion, but there is no room for the violence that is going on," he said. "That is not a right."

Koch said he is hopeful that the nation unites.

"I pray that as a nation we come together, love one another, and heal up our country," he said.

Some of the gathering stood on the seawall holding their signs, waving American flags and Thin Blue Line American Flags while others lined a section of both sides of Quincy Shore Drive. Horns blared from many passing motorists showing support.

Among the rally attendees was Theresa McCarthy of Quincy. She held a sign bearing a picture of her hus-

band and son – both police officers – in their uniforms.

"This is the first year my son has been a police officer," she said, voicing concern for the anti-police climate that has permeated the country.

Jill Hockney, the wife of a Quincy police officer, brought her son, Davyn, 7, and daughter, Darian, 10.

"The kids and I are here to support their dad and my husband and all police officers all over the world," she said. "They do so much for us, and this is small compared to what we owe them."

Darian held a sign reading "We Love You Dad."

"She hopes to see her dad today so she can show him that we support him," said Jill Hockney.

Pamela Smith wore a T-shirt with "Back the Blue" printed on the back.

"For the actions of one police officer, you can't condemn all of them," she



DEFEND THE POLICE rally organizer Cherilyn Paradis, left, is joined by Pamela Smith, Karen Cyr and Jackie Flynn.

Quincy Sun photos/Tom Gorman

said, referring to the officer accused of killing George Floyd. "We need law and order."

Bob Weaver was walking along the beach when

he came upon the rally. He appreciated Koch's comments about denouncing the violence that has occurred in recent weeks.

"I was glad to hear the mayor speak out against the violence," he said. "Look at the all the businesses that were destroyed and looted. Even in Boston. It infuriates me to hear some people say you can replace a building but not a life. That's true. But, the buildings that were destroyed are people's live-

lihoods. Their merchandise was looted and sold on the internet by the looters. No one is standing up for the business people."

Weaver went on to say that while he believes racism needs to be addressed, so do other issues.

"There's been such an erosion of respect for authority and for each other over the years," he said. "Many mindsets need to be changed if we are going to have civility."

A group of police supporters sold T-shirts to raise money for the Massachusetts Law Enforcement Memorial Foundation and the 100 Club of Massachusetts that support the families of police officers killed in the line of duty.

A group of about a dozen Black Lives Matter supporters gathered for a counter protest near the Defend the Police rally. They held signs reading, "Defund the Police" and "Defend Black Lives."



DEFEND THE POLICE rally organizer Cherilyn Paradis gives out thank-you ribbons to Quincy Graves Registration Officer George Bouchard.

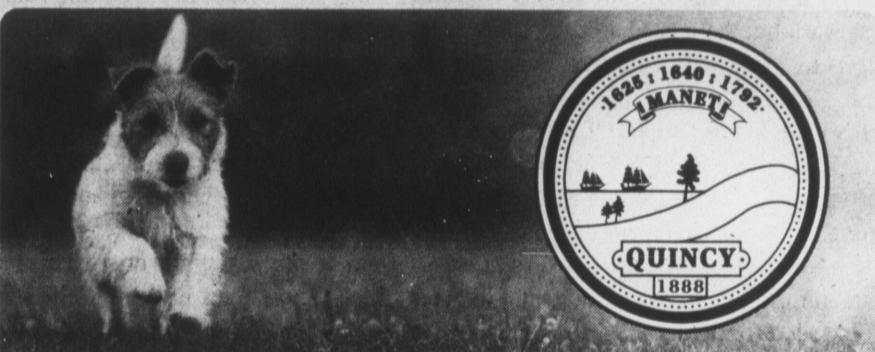


MIKE PACETTI sends a thank-you message to police during the pro-police rally.



GREG DIBELLA and Kathy Moran show their support during the pro-police rally.

City of Quincy 2020 DOG LICENSE 2ND REMINDER



MA General Laws Chapter 140, SS 136 A, 137
Requires all dogs six months and older must be
licensed every year.

• The fee for all dogs is \$10.00.

• Please bring proof of current
rabies shot or call our office to
verify expiration date of the
rabies shot.



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payable to:
City of Quincy

Mail to:
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1305 Hancock Street
Quincy MA 02169

If you no longer have your
dog or have moved out of
Quincy:
Call us at 617-376-1135
or 1136 so we may
update our records.

There will not be a late
fee applied this year.





Real Estate

Quincy Real Estate Transactions June 15 - June 19

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Neponset Point LLC
Xing G. Chen & Bao P. Chen
McDonald Realty Trust
Thomas P. & Joanne Brown
Joseph W. Habchi
Evangelical Lutheran Church of the Good Shepherd
Mary M. Mallory
Bob Chen & Xing G. Chen
Bob Chen & Xing G. Chen
Yuliya Vigdorchik
Connolly Family Protection Trust
Gregory R. Schultz
Charles A. Burke
Lucky Realty Trust
James Donegan, Sean Donegan
Matthew T. Brightman
Willard Condo Trust
47 Intervale Street LLC
Roy & Bonnie M. Solomon
Camelia Nguyen

BUYER

Phillip Chan & Jai Liu
Bao P. Chen
Changjing Zou & Xiu F. Chen
Jianmin Mai & Jianrong Huang
Teng D. Yang & Oanh H. Nguyen
John D. & Jillian M. Martin
Karen McDonald
Chen Zou Trust
Chen Li Family Trust
Paul C. Rocheteau & Yun Cheng
Mei Chen
Justin T. Richner
Roger Z. Tang
Caio & Kayla E K Monteiro
Kenzo Teves
Kate E. McDermott
Stephanie Barney, Alyssa Sharpe
Suhe Holdings LLC
R S Fitzgerald Development LLC
Bobby Vo, Hoi Vo, Huyen T. Tran

AMOUNT

\$680,000.00
\$150,000.00
\$575,000.00
\$385,000.00
\$850,000.00
\$622,000.00
\$375,000.00
\$567,500.00
\$550,000.00
\$610,000.00
\$535,000.00
\$310,000.00
\$330,000.00
\$435,000.00
\$467,000.00
\$406,750.00
\$305,000.00
\$425,000.00
\$675,000.00
\$570,000.00

ADDRESS

57 Quincy Shore Drive, Unit 410
67 John Street
29 Cheriton Road
11 Grant Place
125-127 West Elm Avenue
40-42 Sealund Road
165 Quincy Shore Drive, Unit C32
2-4 Gordon Street
545-547 Washington Street
139 Sherman Street
31 Edgeworth Road
115 West Squantum Street, Unit 716
10 Weston Avenue, Unit 130
28 Franklin Place
9 Hill Street
328 Copeland Street, Unit 3A
230 Willard Street, Unit 807
47 Intervale Street
7 Brigantine Lane, Unit 32
110 Gardiner Street

Norfolk Real Estate Market Remains Viable During Pandemic

The COVID-19 pandemic has caused a personal and economic impact to all citizens in the U.S. including Norfolk County. However, Register of Deeds William P. O'Donnell reports during the ongoing pandemic, one aspect of the Norfolk County economy has remained viable: the real estate market.

"Since Governor Baker declared a state of emergency on March 10th, the Norfolk County Registry of Deeds has remained open for the recording of land documents," said Register of Deeds William O'Donnell. "While the Registry building itself has been closed to the general public, Registry staff have been able to record land documents. This has been done by Registry staff utilizing social distancing, split work shifts, remote access, and using our disaster recovery

office as an additional location to record land documents. We have also utilized electronic recording for our institutional users.

"In addition to electronic recording, users have also had the option to submit land documents via regular mail and Federal Express. Another option available has been users dropping off land documents at our drop-off box located outside the main entrance to the Registry of Deeds building located at 649 High St., Dedham."

For the period of March 10th when the state of emergency was declared through June 12th, the Norfolk County Registry of Deeds recorded 40,007 land documents, a 13 percent increase from the same time period in 2019; 3,854 of these land documents were real estate sales transactions compared to 4,527

sales transactions recorded during the same time period in 2019. The average real estate sales transaction, both residential and commercial sales, increased 12 percent to \$819,725. While the number of real estate sales dropped 15 percent, the number of mortgages recorded increased a significant 69 percent. A total of 11,145 mortgages were recorded between March 10th and June 12th compared to 6,605 during the same time frame in 2019.

"The decrease in the number of real estate sales," O'Donnell noted, "is not surprising considering the ongoing pandemic and its economic impact. Also, real estate brokers and agents have been unable to hold open houses. The spike in mortgage activity is explained by consumers taking advantage of low interest rates to refinance existing

mortgages. Based on the words of Federal Reserve Chairman Jerome Powell, interest rates will not be rising anytime soon."

A total of 29 foreclosure deeds were recorded from March 10th through June 12th. Notice to Foreclose Mortgages, the first step in the foreclosure process, have been curtailed due to a moratorium placed on foreclosures and evictions during the COVID-19 pandemic.

"The Norfolk County Registry of Deeds continues to partner with two non-profit organizations that counsel and assist those struggling with foreclosure," O'Donnell said. "The groups are Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950. These organizations are available to help anyone

who has received a Notice to Foreclose Mortgage from a lender or is struggling to make mortgage payments. Another option is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. Each of these programs are staffed by knowledgeable professionals. Anyone who is facing a foreclosure issue is urged to avail themselves of these excellent programs."

Homestead activity fell 16 percent during the March 10th through June 12th time-frame; 2,579 Homesteads were recorded versus 3,067 in 2019. "A Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000. I urge Norfolk County homeowners to consider this important consumer protection

tool," O'Donnell said.

In conclusion, O'Donnell said: "During the COVID-19 pandemic, I am proud of our efforts to remain open for the recording of land documents. We could not have done this without the cooperation and patience of the general public and our users in the real estate and lending communities. Our state of the art computer system has allowed us to remain operationally viable. The utilization of electronic recording has been critical to our ability to serve institutional users."

"Looking forward, we are hopeful the phased reopening of our local economy in Massachusetts will result in an uptick in real estate sales activity. We anticipate consumers will continue to take advantage of low interest rates to not only buy property but refinance existing

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BBB Warning: Lottery Scam Involves Impersonating Better Business Bureau

Cont'd From Page 10

knowing.

Another version of this scam includes victims getting a letter informing them they've won a jack-pot, often from a foreign lottery

(it is illegal in the U.S. and Canada to enter a foreign lottery by phone or mail). The letter includes a seal or other insignia to make it look authentic. There is even a check to cover the taxes on the winnings. The recipient is instructed to deposit the check into a personal bank account and then wire or use a prepaid debit card to send the "taxes" to a third party. The check is a fake and the account holder is out the money.

How to spot this scam:
• Don't pay upfront fees

to claim a prize. A legitimate sweepstakes company will not ask to pay a fee or buy something to enter or improve the chances of winning — that includes paying "taxes," "shipping and handling charges," or "processing fees" to get a prize.

• A check will bounce even after the bank al-

lows the account holder to withdraw cash from the deposit. Check processing is a confusing business, as is the terminology. Even if a bank representative says that a check has "cleared" it won't be detected as a fake until weeks later. Unfortunately, the account holder who signed the check will be on the hook for any funds drawn against the amount, plus fees.

• Think about it: You can't win if you didn't enter. A notification that you have won a prize in a contest you do not remember entering should be a red flag. If you do regularly enter contests or sweepstakes, make sure you keep track of your

entries so you can easily check to see if you have entered a contest that contacts you. Read the fine print on all entries. It should indicate how and when winners are notified. Also, remember, when you buy a lottery ticket, you don't give your name, phone number, or address to the cashier!

• Be suspicious of irregular communication. Real sweepstakes events will not notify via text message or bulk mail. They will not send a check in the mail without first confirming with the winner. And you will not be notified that you are a winner and must respond or act within 24 hours to collect your prize.

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Gardens Help Sustain Food Pantry Thanks To Volunteers

YMCA Germantown Neighborhood Center Flower, Vegetables Garden Grow, Serve

For 15 years, the food pantry at the South Shore YMCA Germantown Neighborhood Center has been a lifeline for local residents. That fact is truer now than ever before.

Since the COVID-19 pandemic struck Massachusetts in mid-March of 2020, many of our own neighbors now find themselves out of work and in need of food services, some for the first time in their lives. Before COVID-19, the SSYMCA Germantown Neighborhood Center food pantry distributed food to about 117 households each week, feeding approximately 246 people.

Today, the need has more than tripled in just three months, and the food pantry now serves nearly 300 households, feeding about 905 people weekly. The lines grow longer each week, wrapping around the converted church building for blocks.

All year long, members of the community turn to the Y's Germantown Neighborhood Center to seek support, socialize and participate in vital programs such as afterschool care, cooking classes, employment training, educational support, mentorships, and more. The heart and soul of this community center, what keeps it brimming with hope and positivity, are the donors, dedicated staff and volunteers who remain hard at work to serve the community in good times and bad.

For the past 15 years, that

legacy of service has continued to grow. This vibrant community center would not be the same warm, inviting, safe place without the hard work and contributions of dedicated volunteers who care deeply for our neighbors and help care for the space, including its vegetable gardens.

The Germantown Neighborhood Center flower and vegetable gardens have been cultivated and cared for by longtime Y supporter and volunteer, Paul Mollica, who has long treasured early mornings at the Center. Raised as a child of greenhouse owners, the retired bank executive has always loved working with plants and enjoys the beauty and rewards they can bring to us all. And so, he dedicates his volunteer time with the South Shore YMCA to maintaining the gardens each spring, summer and fall. These gardens are a true gift to the community, teaching local residents the value of sustainable, local gardening while providing fresh produce for the Center's food pantry and teaching kitchen.

Recently, Mollica led a team of volunteers to plant this year's flowers and vegetables. "I am thankful and humbled for the volunteers who worked the past two days to get the gardens planted," he said. "We are trying to make the outside of the Germantown Neighborhood Center as inviting and caring as possible, to complement all the great things

that are happening inside the four walls."

For Kathy Quigley, development director for the South Shore YMCA, who oversaw the Center for years, the volunteer support and friendship of Mollica and others adds an important layer to the legacy being built at Germantown.

"Paul is a true friend to the Y and the people in this community," Quigley said. "These wonderful gardens add beauty to our neighborhood, but more importantly they provide nourishment for our community, and a chance for our neighbors to learn how to grow their own food. In these difficult times, that can help feed a family facing extreme hardship and trauma.

"I've been in social service work my whole life," added Quigley, "and I have never seen anything like what we are going through now. We are so appreciative of people like Paul who help our center to thrive in these terrible times, and for all the donors, organizations and volunteers who are helping us to continue serving our community. When we are supported by volunteers like Paul, the Y can accomplish so much more to strengthen our communities together."

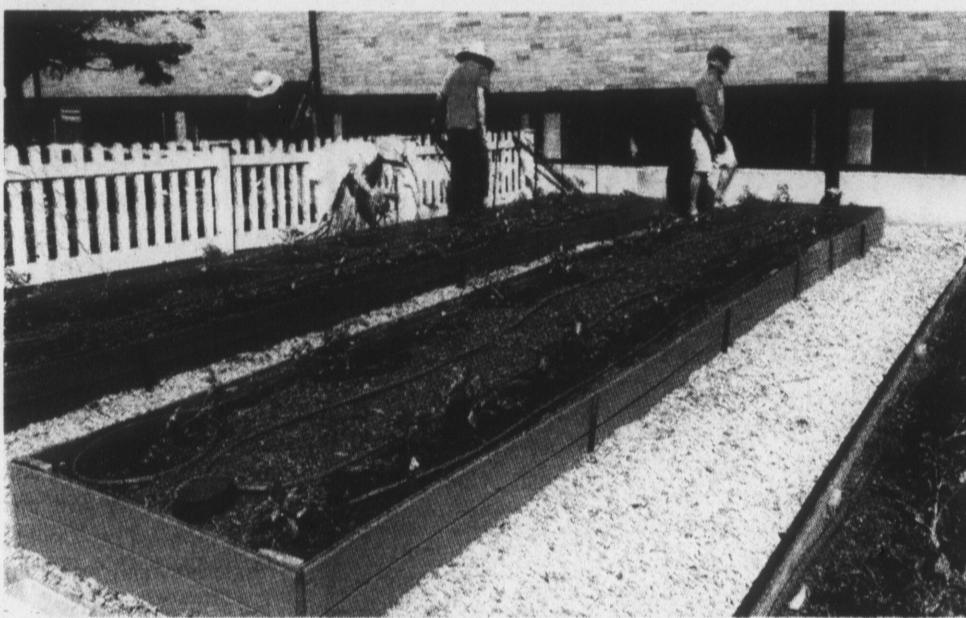
To donate to the South Shore YMCA during this crisis, contact Mary Orne, morne@ssymca.org, 781-264-9453, or visit <https://ssymca.org/stay-with-us> to support the mission through a tax-deductible donation.



FLOWERS GROW outside the South Shore YMCA Germantown Neighborhood Center.



VEGETABLE AND FLOWER gardens were recently planted by volunteers at the South Shore YMCA Germantown Neighborhood Center.



VOLUNTEERS TEND to the flower and vegetable gardens at the South Shore YMCA Germantown Neighborhood Center.
Courtesy Photos

Four Quincy Students On Emerson College Dean's List

Four students from Quincy have been named to the Dean's List for the spring semester at Emerson College in Boston.

They are:

Samuel Hwang, Creative Writing BFA, Class of 2021.

Nicole Salvatore, Media Arts Production, Class of 2020.

Eoin Varden, Media Arts Production, Class of 2022.

Jonathan Zepeda of Quincy, Media Arts Production, Class of 2020.

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QUINCY

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PAUL MOLLICA (left) and Erin Williams are among the volunteers who recently planted flowers and vegetables outside the South Shore YMCA Germantown Neighborhood Center.

Special Ed Building Named For DeCristofaro

Cont'd From Page 1

maquette of the John Adams statue that is located in the Hancock-Adams Common in Quincy Center. Koch said DeCristofaro has a great love of Quincy's history and noted the superintendent's father, the late Ted DeCristofaro, was the longtime caretaker of the Old House at Peacefield.

The mayor said few public servants can match DeCristofaro's work ethic.

"It's remarkable when you think about anybody staying with something for 45 years. You actually physically did just about everything in the education world from K to 12," Koch said.

"There are a lot of great public servants I've seen over the years and a lot of people who loved the city and served the city. Few matched the work ethic you brought to the table. I know when I first got elected, our first couple years weren't easy ones, we had some tough times with budgets, and it wasn't easy for any of us to make those decisions, but you were so professional about it. You knew what to do, how to do it."

Committee Vice Chairman Anthony Andronico presented DeCristofaro with an etching of the Coddington Building, the home of the school department, on behalf of the school board and Quincy Public Schools teachers and administrators.

"When you look at this etching and this building, I hope you think of the peo-

ple most of all," Andronico said. "I've only served on the School Committee for the last two plus years now with you and it has been an absolute honor and privilege and it is one of the highlights so far of my own career.

"But the thing I am most proud to say is that I am a product of the school system that you built. You became the assistant superintendent in 1993, the year I was born, so you had enough time to get the school system to a great standard when I became a student... You helped me so much just by being a product of the school system that you built, that your team built."

Committee member Paul Bregoli, who coached with DeCristofaro at North Quincy High School in the 1970s, said DeCristofaro never forgot his roots.

"What impresses me about you as a person is that you grew up in Quincy and you have never forgotten your roots. You went to school in Quincy and now you're a person who has worked here for 45 years. It's been a remarkable run for you, and you have done so many great things for this school system," Bregoli said.

"You don't like the lime-light. You would rather stay in the background and let everybody else take credit, but I know what you have done - what you have done for me personally and what you have done for the school system and for all of us here

in this room."

Committee member Frank Santoro, who was the principal at Central Middle School and Quincy High School during DeCristofaro's tenure, said the superintendent was there to help when needed, like when there was a fire at Central or when a series bomb threats were made at Quincy High.

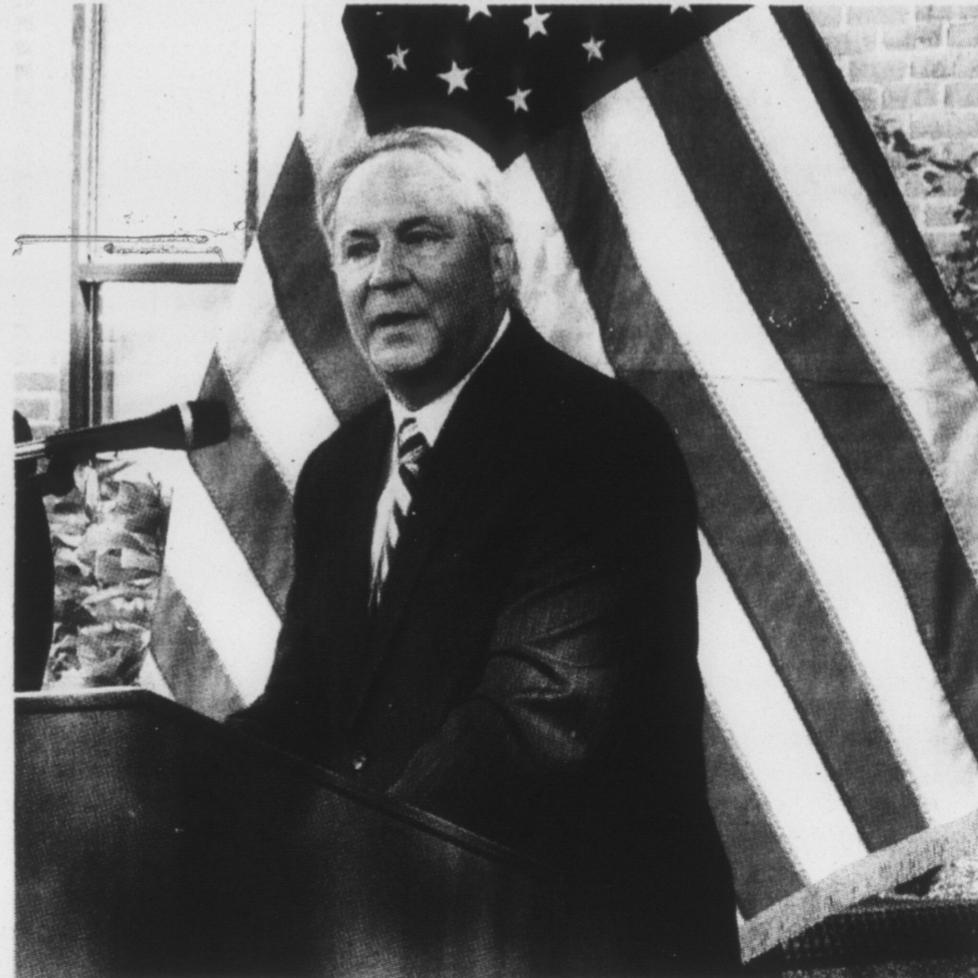
"There were many opportunities where I could have felt very alone and you...were there. Start with the Central fire at the library - 4 o'clock in the morning, I'm at Central. Who is there? He's there waiting," Santoro said. "The hoaxes that happened at Quincy High School - helicopters and bomb squads - it could be a very alone feeling and I thank you for being there."

Santoro also credited DeCristofaro for the opening of the new Quincy High School in 2010.

"The design of that new high school is the envy of every comprehensive high school, because of what you did with those vocational majors and the regular subjects," Santoro said. "You are quite a leader. We're going to miss you."

Committee member Douglas Gutro said DeCristofaro has an ability to connect with teachers, staff, parents and students.

"You have been an extraordinary ambassador, not just for the Quincy Public Schools, but for the city of Quincy. As the mayor pointed out, you have an undeni-



SCHOOL SUPT. Dr. Richard DeCristofaro speaks at a press conference in October 2019 announcing plans for a new special education center on Old Colony Avenue in Wollaston. The center will be named after the longtime and recently retired superintendent. City officials are aiming to open the new center for special education next year.

Quincy Sun File Photo/Robert Bosworth

able love for our city and for the public school system that each of us in this room, each of in the public schools can feel. It's tangible," Gutro said.

"There are many politicians who would give a lot for your gift, your ability to connect with people. You connect with teachers, you connect with administrators, you connect with parents and, most importantly, having seen you around chil-

dren...you lift them up in ways that lift all of us up."

Committee member Emily Lebo, who worked for the district previously during DeCristofaro's tenure, said she always felt heard and respect even when she and the superintendent had disagreements.

"Many times you and I disagree - I never felt angry when I left your office," Lebo said. "I just want to thank you for having that

ability to connect with people to understand their real concern. I've seen you do it with kids and I've seen you do it with parents. That level of communication and engagement with people is a big gift you have."

Committee member Kathryn Hubley thanked DeCristofaro for his service.

"I thank you as a school committeeperson, thank you as a mom," she said.

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Norfolk Real Estate Market Remains Viable During Pandemic

Cont'd From Page 12

mortgages. One important point to make is the Norfolk County real estate market

remaining viable during the pandemic has benefited not only those individuals, families and businesses directly

impacted, but all citizens of the county and Massachusetts as a whole. Recording fees and deeds excise tax

monies collected during the COVID-19 pandemic have been utilized by state, county, and local governments

to pay for critical services including education, social services needed by many of our neighbors and those less

fortunate, and police and fire.

"We are truly appreciative of all Norfolk County residents for their patience and understanding during this pandemic. Be healthy. Be safe," O'Donnell added.

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and/or Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St., Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registeron@norfolkdeeds.org.

REGISTER BY AUGUST 1

Quincy College is offering a \$500* fall tuition scholarship to all students. Students must enroll in 4 classes or the equivalent of 12 or more credits and register by August 1, 2020.

*Some restrictions apply. Excludes selective admissions programs. Limit of one scholarship per student. No cash value.

EMAIL ADMISSIONS@QUINCYCOLLEGE.EDU OR CALL 617.924.1710

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Inequality, Injustice Focus Of Discussion

Cont'd From Page 1

"Systemic oppression based on race and ethnicity exists everywhere, including in Quincy. It may come in different forms in Quincy than it does in Boston, Minneapolis or other cities, but it exists, and it exists here," Palmucci said. "We want to find Quincy solutions to address Quincy problems – solutions that we can implement by coming together as a community."

Palmucci said the city's elected officials are committed to working on solutions.

"You have four elected representatives here to listen and work with you, and you have more who stand by ready to act on the policy initiatives that we collectively come up with during this process. That includes Mayor Koch, who I spoke to and is supportive of our efforts here," Palmucci said.

"We all have a deep commitment to this work and pledge to see this all the way through to make Quincy a better place."

Croall said it was important to hear from the residents who shared their experiences at the meeting.

"I'm excited to hear folks' experiences," Croall said. "I'm excited to be here tonight. I work hard as a legislator to try to create an environment where people

feel safe, people feel welcome, and most importantly have access to opportunity. I'm looking forward to the discussion."

Liang said each member of the community has their own experiences and it was important to hear each of them before creating any new policies.

"It's important as a representative...to recognize every single person has their own experience. The only way that I can best represent and best legislate is to hear from each of those persons and to hear from each of those experiences," Liang said.

"Whatever policy we do create does impact every single one of us across the city and the only way we can do that is ensure we are hearing your personal experiences."

Mahoney said Quincy is a diverse city but struggles with inequity.

"I really believe our city has incredible diversity. It really has the very thing that makes a community strongest, but one of the things we really struggle with is inequity...when it comes to our income, our education, our housing and our employment," she said. "Those are the things I recognize that we struggle with in Quincy."

After the opening remarks from city councilors, residents were given the chance to respond to two questions: "What are your personal experiences with inequity in Quincy, both positive and negative?" and, "Where do we need improvement around equity and what are our challenges specific to Quincy?"

Those who spoke during the meeting were allowed to stay anonymous.

Several of the people who

Special Ed Building Named For DeCristofaro

Cont'd From Page 14

"You're not going very far, you're going up the street, so I will just wave when I see pulling out of the driveway."

Deputy Superintendent Kevin Mulvey, who became acting superintendent last week, said he would be forever grateful for serving with DeCristofaro, first as a member of the school board and then as an administrator for the school department.

"We've been through strikes, straight 24-hour union contract negotiations...massive layoffs, natural disasters and now a pandemic. What more could we go through?" Mulvey said. "Happily, we enjoyed many more good years of school peace and prosperity. At every moment, your focus was on improving the education and quality of life for students and families in the school system."

DeCristofaro thanked the committee members for their remarks and for voting to name the special education center in his name.

"I want to thank you really for your incredibly

kind remarks and a building – thank you so much," he said. "That's another overwhelming piece."

DeCristofaro thanked the staff of Quincy Public Schools, including classroom teachers, principals and members of his leadership team for their work, plus the district's students and families.

"It's really difficult to leave this caring school system," he said.

He also thanked the three mayors he served under: James Sheets for his vision for new school buildings; William Phelan for implementing full-day kindergarten and special education initiatives; and Koch for prioritizing the school system when proposing the city's budget every year.

DeCristofaro also thanked present and former members of the school board for their work over the years.

"You are always about the students, always about the families," DeCristofaro said. "Selfless – never, ever selfish."

DeCristofaro concluded

by thanking his family for their support.

"They have all been patient and understand my work ethic, my love of this city, its schools and certainly its kids," he said.



spoke at the meeting said they have seen racist comments on different Quincy-related Facebook groups and on Nextdoor, another social media site. Another resident said his neighbors make negative comments about Asian-Americans, including blaming them for

COVID-19.

Several others raised concerns about the city's school system. One parent said some notices are sent home in English only and another participant questioned why schools close for Christian holidays but not for those observed by other

religions. A retired teacher said the schools do not do enough to recognize the diverse cultures in the city.

One woman, part of a lesbian couple, said she felt her family was tolerated but not necessarily included in the city.

Cont'd On Page 17

WE ARE RE-OPENING MONDAY, JUNE 29th, 2020

JOAN'S OLYMPIC GYM Gymnastics & Dance School



SINCE EST. 1983 ~ 37 Yrs.

Your child's SAFETY is our #1 priority
Our NEW Health and Safety Protocols are in Place.
We Plan to Strictly Enforce these Requirements for All
Whom Enter our Gym for the Protection and Well Being
of our Students, Staff and Families!

Class size limited ~ First Come First Serve!
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"An Excellent Environment for Your Child"

Register Now!

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www.joansolympicgym.com

 [Facebook.com/joansolympicgym](https://www.facebook.com/joansolympicgym)

197 Quincy Ave, Braintree, MA 02184

The USDA funded Summer Food Service Program for Children sponsored by the Quincy Public Schools will provide free meals to all children without charge, regardless of race, color, national origin, sex, age or disability. Due to COVID-19, we will offer the same service by providing both breakfast and lunch at eight emergency feeding locations.

Breakfast & Lunch Service: Monday-Friday

11 am to 12 pm - July 6 through August 21, 2020

Please note the following guidelines that will continue to apply to protect participants from exposure to COVID-19:

'Grab and Go' breakfast & lunches with milk will be provided each day.

All locations will operate in a non-congregate manner. Please take your meals and kindly leave the premises. This is to ensure your safety.

Kids who are age 18 years old and under may have both breakfast & lunch.

Parent/guardian can pick-up meals on behalf of their child or children.

Kids/parents can go to any one of nine locations across Quincy.

There are no registration or income requirements to participate.

"This is an equal opportunity provider."

SITE LOCATIONS:

The Snug Harbor School gym entrance

The Ward II Community Center

The Lincoln Hancock School cafeteria

The F.W. Parker School cafeteria

The Montclair Elementary School gym

Quincy High School cafeteria

North Quincy High School gym entrance (Hunt St.)

Atherton Hough Elementary School cafeteria entrance

Clifford Marshall Elementary School entrance

Flag Raising, Vehicle Parade Celebrate Flag Day



CITY OF QUINCY commemorated Flag Day with a flag raising and vehicle parade on Merrymount Parkway June 14. The traditional parade and fireworks were cancelled this year due to the COVID-19 pandemic. Here the Quincy Fire Department hoists a giant 50-foot by 30-foot American Flag over Merrymount Parkway for cars to pass under in celebration of Flag Day.



PARADE OF CARS travel under the giant American Flag on Merrymount Parkway in celebration of Flag Day June 14.

Photos Courtesy Lisa Aimola



DRIVER CHRISTOPHER PEELER and passenger Paul Wassiege, both of Quincy, join in the Quincy Flag Day vehicle parade down Merrymount Parkway.



MAYOR THOMAS KOCH waves to the passing cars riding in the vehicle parade. The mayor's father, the late Richard J. Koch, Sr., began the city's tradition of celebrating in 1952 handing out small American flags to players in the Koch Club's baseball and softball program. The youngsters, in full uniform, marched out of Cavanaugh Stadium and made their way through Norfolk Downs while waving their flags before returning to the stadium and receiving a Hoodsie ice cream cup. The celebration has grown over the years and will mark its 70th anniversary next June.



RECENTLY RETIRED Quincy Police Lt. Dan Minton (left) and McGruff enjoy the Flag Day vehicle parade.



SONS OF THE American Legion, Squadron 294, Morissette American Legion Post, join Mayor Thomas Koch at the Flag Day vehicle parade. From left: Joe Brill, Paul Moody, Mayor Koch, Don Knight, Bob LaFleur, Guy Ferris and Noel DiBona.

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Inequality, Injustice Focus Of Discussion

Cont'd From Page 15

One resident suggested the Quincy Police Department should work with mental health professionals and social workers when responding to domestic calls.

That resident also suggested that police officers should wear body cameras, which he said would be good for both the community and police officers.

The second and third

Zoom sessions are scheduled for the coming weeks.

The second meeting is slated for June 30 at 4 p.m. and is titled "Acceptance for All – Communities of Color & LGBTQ." It will include

a discussion about fostering and encouraging the acceptance of everyone in the city in recognition of Pride Month. The Zoom ID for the meeting is 833 0928 9705.

The third meeting will

be held on July 8 at 4 p.m. The meeting, "Together For A Better Quincy – The Path Forward," will discuss how to implement meaningful and long-lasting change in

the community. The Zoom ID for the meeting is 866 6725 5256.

Councillors said additional meetings could be held following the ones already scheduled.

Robert Terravecchia, Jr. President Coastal Heritage Bank

Coastal Heritage Bank announces Robert Terravecchia, Jr. has assumed the role of president/CEO of Coastal Heritage Bank.

Terravecchia has served as vice chairman and chief operating officer of Coastal Heritage Bank since the merger of Equitable Bank and Coastal Heritage Bank in 2019. Prior to the merger, Terravecchia served as president/CEO of Equitable Bank since 2017. He has also served as president/CEO of Weymouth Bank for nearly 20 years.

Terravecchia fills the role previously held by Donald



ROBERT TERRAVECCHIA, Jr.

P. Gill, who retired June 1.

Joseph C. Hayes, chairman of Coastal Heritage Bank, said: "Coastal Heritage Bank is very pleased to have someone with Bob's

skills and experience to lead the Bank through this current extraordinary time. His exceptional leadership qualities and strategic vision of the future will continue to position Coastal Heritage Bank as a successful and integral part of the North and South Shore communities."

Coastal Heritage Bank

is a mutually owned, multi-service financial institution with full-service offices in Weymouth, East Weymouth, Union Point, Marshfield, Scituate, Hanover, Quincy, Norwell, East Bridgewater, Green Harbor, Kingston, Hingham, Lynn and Nahant. Visit www.coastalheritagebank.com for information.

Monica Gentile On Dean's List

Monica S. Gentile of Quincy has been named to the Dean's List for the

spring semester at Bristol Community College in Fall River.

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RELIGION

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, continues its online remote worship service Sunday.

Pastor David Choi will preach his sermon: "Live by the Spirit" (Galatians 5:16); reader will be Trina Wolf.

The following is the church online dial-in/web meeting weekly schedule:

- Sunday 10:30 a.m. - worship service.

Bethany Congregational Church

Bethany Congregational Church is continuing its video ministry with a full church service available on Sunday mornings.

You can go to the Church website: bethanycong-church.org and scroll down to the very bottom to find the link to the most recent service. This will give you not only the church service, but the bulletin and other information about what's going on in the church.

Or, you can go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

If you would like to participate in the ZOOM coffee hour at 10:30 a.m. Sunday mornings, contact the church office (617-479-7300) and let them know to put you on the list to receive meeting information.

Bethany Church is planning to re-open on July 19th with regular Sunday services, as well as continuing the virtual services for those who feel more comfortable.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



Public Access Channel 8

Thursday, June 25
2:00pm: Kennedy Center: Yoga for Seniors
7:00pm: AM Quincy: COVID Writing Winners

Friday, June 26
11:30am: Currently in Quincy
7:00pm: MBTA Bus Facility Proposal Meeting

Saturday, June 27
12:00pm: MBTA Bus Facility Proposal Meeting
7:00pm: The Call

Sunday, June 28
10:00am: Bethany Church Sunday Service
11:30am: Good News

Monday, June 29
11:30am: Currently in Quincy
7:00pm: CIQ Interview: Friends of Thomas Crane

Tuesday, June 30
7:00pm: AM Quincy: Mayor Thomas Koch
8:00pm: MBTA Bus Facility Proposal Meeting

Wednesday, July 1
5:00pm: Good News
7:00pm: CIQ Interview: Quincycles

QATV

www.qatv.org
617-376-1440
617-376-1441



Government Access Channel 9

Thursday, June 25
6:30pm: FYI: QHD Water Intoxication
7:00pm: TCPL: African American Music

Friday, June 26
6:30pm: FYI: QHD Ticks & Mosquitoes
7:00pm: Board of License Commissioners 6/23

Saturday/Sunday, June 27/28
10:00am: TCPL: Story Hour with Mrs. Miller
4:30pm: Board of License Commissioners 6/23
7:00pm: In the Know: Norfolk County Sheriff 6/18
8:05pm: TCPL: Singers/ Songwriters, Part 2
11:00pm: Board of License Commissioners 6/23

Monday, June 29
6:30pm: FYI: QHD Extreme Heat
7:00pm: MA Joint Committee on Children, Families & Persons w/ Disabilities Hearing

Tuesday, June 30
7:30pm: In the Know: Norfolk County Sheriff 6/18
8:05pm: TCPL: Cooking w/ Colin Decadent Desserts

Wednesday, July 1
7:00pm: Quincy's Memorial Day Ceremony 2020
8:00pm: TCPL: Origins of Rock & Roll

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

Social Security Matters

SSDI Denied; Will Claiming Early Hurt Spouse, Survivor Benefits

By RUSSELL GLOOR

**AMAC Certified Social Security Advisor
Association Of Mature American Citizen**

Dear Rusty: I applied for Social Security Disability Insurance (SSDI) benefits and was denied. So, because I turn 62 this month, I plan to file for my early SS retirement benefits. Since I've not worked a lot due to health issues I won't get much and I realize my benefit will be reduced by about 30% from my full retirement age amount, but we need the extra income to help with my medical bills. My husband is 57 and still works. Social Security will be our only retirement so he will be working for as long as he can. My question is, how will my early retirement affect any spousal benefits I might qualify for in the future? Or my widow's benefits if he should die before I do? **Signed: Worried Spouse**

Dear Worried: Claiming your own SS benefit at age 62 will cause your spousal benefit to be less when your spouse benefit starts (when your husband claims). That's because your spousal benefit will be in the form of a "spousal boost" which will be added to the reduced SS benefit you will get by filing at age 62. The amount of your spousal boost will depend upon how old you are when your husband claims (which is when your spousal benefit kicks in). If you've reached your full retirement age (FRA) of 66 years and 8 months, your spousal boost will be the difference between 1) your SS retirement benefit amount at your FRA (regardless of when you claimed) and 2) half (50%) of the benefit your husband is entitled to at his FRA (regardless of when he claims). At your FRA you get the full amount of the spousal boost; but taken before your FRA the spousal boost will be actuarially reduced according to the number of months prior to FRA it is taken. Since the spousal boost is added to the benefit you are already receiving, you claiming your reduced benefits at age 62 means your spousal benefit will also be reduced. But your spousal benefit (while your husband is living) is entirely different from your survivor benefit if your husband dies before you.

As your husband's widow, provided you have reached your FRA you will get 100% of the amount he was receiving (or entitled to receive) at his death, instead of your smaller benefit from claiming at age 62. In other words, that you claimed your own benefit at 62 doesn't affect your survivor benefit. But if the survivor benefit is claimed before you reach your full retirement age it will be reduced due to claiming it early (the reduction is about 4.75% for each year early). Note that you do not have to claim the survivor benefit immediately; you may wait to claim until it reaches maximum at your FRA.

One final point: Statistically, about 2/3rds of all initial SSDI disability applications are denied. If you believe strongly that you've been unfairly denied, you can appeal that denial, even if you go ahead and claim your own SS benefit at age 62. To appeal the SSDI denial you should submit form SSA-561 – Request for Reconsideration, which you can find at this link: www.ssa.gov/forms/ssa-561.html.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

SUN FUN PAGES

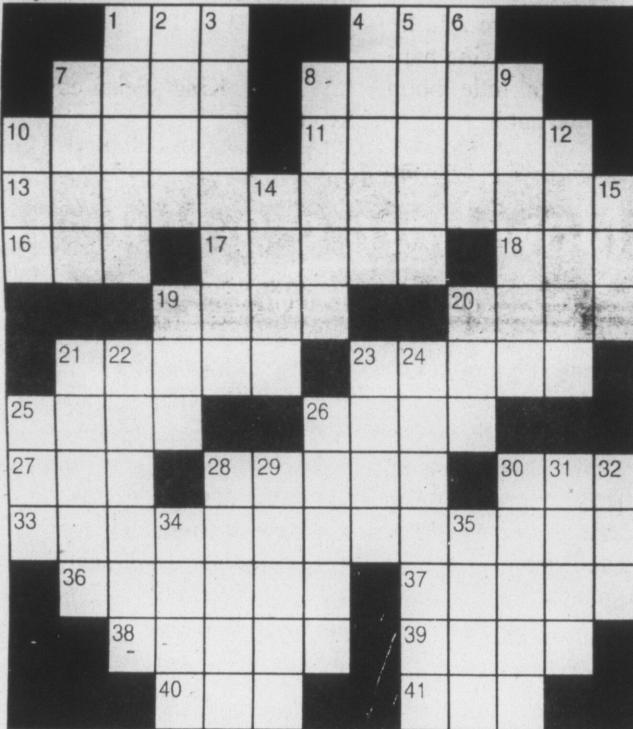
King Crossword

ACROSS

- 1 — Na Na
- 4 Swindle
- 7 Summery des-serts
- 8 Fusses
- 10 Sixth president
- 11 Many
- 13 Proof of a crime
- 16 Sprite
- 17 Unclear
- 18 Still, in verse
- 19 Say it isn't so
- 20 Rhyming trib-utes
- 21 Groups of musicians
- 23 Slanted edge
- 25 Volcanic out-flow
- 26 One of the Three Bears
- 27 Sailor's assent
- 28 Unwilling
- 30 Fine, to NASA
- 33 Texas city

DOWN

- 36 Bill-payment period
- 37 Alan of "Little Miss Sunshine"
- 38 Mystery writer's award
- 39 Don of radio
- 40 Sun. speech
- 41 Rand McNally
- 42 Unwilling
- 43 Dog owner's ordeal
- 1 Muffler
- 2 Rope fiber
- 3 Took for grant-ed
- 4 Made pigeon sounds
- 5 "Strange to say ..."
- 6 — me tangere
- 7 "American —"
- 8 Hot rum drink
- 9 Withdraw
- 10 Expert
- 12 Man of —
- 14 Catches some rays
- 15 — and outs
- 19 "CSI" evidence
- 20 Eggs
- 21 Louisiana marsh
- 22 Unwilling
- 23 Dog owner's ordeal
- 24 Son of Joseph
- 25 Fond du —, Wis.
- 26 Harness horse
- 28 Thrust
- 29 "Argo" award
- 30 Invite to the penthouse
- 31 Elevator name
- 32 Family
- 34 Cushions
- 35 "Joy of Cooking" writ-er Rombauer



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MAGIC MAZE ● ASTRONOMY TERMS

P D A X V S P N K I F C A X V
 S Q O L R G T J H E C A X V T
 R G N I N A W E P N T L E J H
 Z E N I T H E F M O D C L R B
 Y X X E V T X Y P O L R O P O
 A A M K S O L S T I C E H I G
 W L E D N P N B P H T Z K X W
 U T U I R U I T Q E G O C N L
 J I U B S G I L M F D I A C A
 Y Q X W E C V T C Y X A L A G
 E S A H P N O O M E U L B S R

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Black hole Equinox Nebula Waning
 Blue moon Galaxy Phase Waxing
 Eclipse Light-year Solstice Zenith
 Ecliptic Meteor Sunspot

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



ARIES (March 21 to April 19)

Making things more complicated than they need to be can be a problem for the typically orderly Lamb. Try to look for a less intricate way to accomplish the same goals.

TAURUS (April 20 to May 20)

Avoiding personal involvement in a troubling situation might be advisable at this time, especially since you probably don't have all the facts. The weekend brings a surprise.

GEMINI (May 21 to June 20)

A problem with a colleague you thought had been resolved could recur. However, this time you'll be able to rely on your record to get a quick resolution in your favor. Good luck.

CAPRICORN (December 22 to January 19)

Nursing hurt feelings could keep you from learning what went wrong. Ask your partner, a family member or a trusted friend to help you reassess your actions in the matter.

AQUARIUS (January 20 to February 18)

Nature is dominant this week. Try to spend time outdoors with someone special. An act of kindness in the past might be recalled by a person you believed was out of your life.

PISCES (February 19 to March 20)

An upcoming career decision could be based on how well you might be able to apply your artistic talents. Be sure to use the finest samples of your work to make a strong impression.

BORN THIS WEEK: Doing good things for others

comes easily to you. You are considered a good friend, even by those you might hardly know.

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Trivia test by Fifi Rodriguez

1. ASTRONOMY:

How often does the Sun rotate on its axis?

2. GEOGRAPHY:

What is the state capital of Delaware?

3. GOVERNMENT:

Which amendment to the U.S. Constitution limits presidents to two terms in office?

4. HISTORY:

What was the highest social class in the early Roman empire?

5. ENTERTAINERS:

Which 20th-century actress was born with the name Lucille LeSueur?

6. TELEVISION:

What were the names of Elly May's two pet chimpanzees in "The Beverly Hillbillies"?

7. ART:

Which artist painted

ed "The Persistence of Memory"?

8. MOVIES: What kind of gun did Clint Eastwood carry in the "Dirty Harry" series?

9. MUSIC: Which singer-songwriter's nickname was "The Lizard King"?

10. FOOD & DRINK: What is the most expensive spice on earth?

Answers

1. On average, every 27 days

2. Dover

3. 22nd

4. Patricians

5. Joan Crawford

6. Skipper and Bessie

7. Salvador Dali

8. 44 Magnum Smith & Wesson Model 29

9. Jim Morrison

10. Saffron

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Wishing Well®

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| B | H | C | F | U | H | S | E | C | T | K | L | |
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| E | P | S | E | N | T | N | G | U | W | O | Y | C |
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| O | C | I | C | V | C | U | T | D | S | T | E | S |
| 2 | 4 | 5 | 8 | 7 | 5 | 6 | 3 | 8 | 3 | 7 | 5 | 3 |
| S | E | H | U | R | E | E | V | R | I | S | R | S |
| 6 | 8 | 5 | 2 | 5 | 3 | 6 | 5 | 3 | 8 | 5 | 8 | 6 |
| R | P | S | S | P | I | S | R | T | R | A | I | A |
| 8 | 5 | 8 | 5 | 7 | 5 | 6 | 5 | 7 | 6 | 7 | 6 | 6 |
| S | I | E | S | E | T | S | L | I | F | L | E | |

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals S

O J V R O Z Q D O T W - H W O E E Y F A V A A V M
 J Y M Q O A V Z O E V L C O M M E Y H H Y H , O Q ' H
 G L X R V R M C V D O G G X T D X E F L O V T

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King Crossword

Answers

Solution time: 25 mins.

Magic Maze ANSWERS:



probably a hippocampus, it's a big thick-skinned mammal
 If a big-skinned mammal
 probably a hippocampus, it's a big thick-skinned mammal
 If a big thick-skinned mammal

JUN

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Just imagine a meeting, a month or so ago, when HBO Max executives were trying to figure out how to launch their new streaming service to compete with Netflix, Disney+, Amazon Prime, etc.

How do we get noticed? Let's pull the greatest film of all time, "Gone With the Wind," from our service because of the objections of Oscar-winning screenwriter John Ridley (whose screenplay for the remake of "Ben-Hur" tanked and was the biggest disappointment of 2016). His objection is that "[Gone With the Wind]" doesn't just fall short with regard to representation, it glorifies the antebellum South."

HBO Max execs had nothing to do with making it or releasing it, yet despite producer David O. Selznick being meticulous in every detail preparing "GWTW," they get to sit in judgment of it?

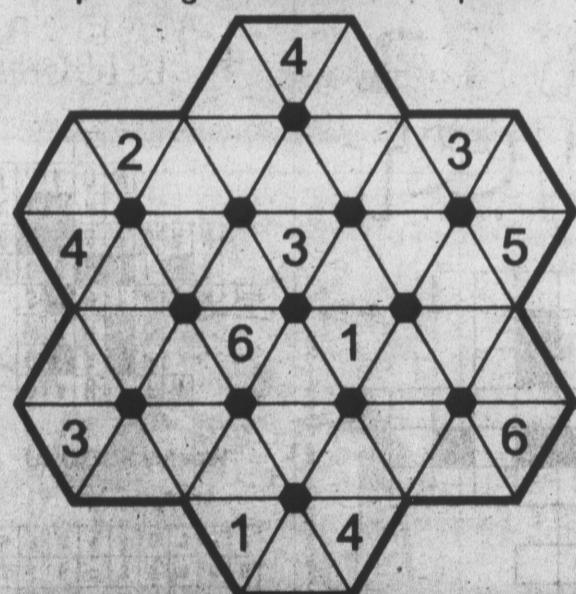
What part of "based on a novel by Margaret Mitchell" did Ridley not get. The book and film were Scarlett and Rhett's love story told with the Civil War as a backdrop. It was a runaway best seller in 1936 and for many years after, and the film won eight Oscars, including one for Hattie McDaniel, who was the first person of color to ever win an Academy Award. A Harris poll a few years back found "Gone With the Wind" is still America's favorite film, and it's been seen by more

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Easy ♦♦♦ Medium ♦♦♦♦ Difficult

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Easy ♦♦♦ Medium ♦♦♦♦ Difficult

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ***

* Moderate ** Difficult
*** GO FIGURE!

| | | | | |
|----|---|---|---|----|
| | x | | + | 10 |
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| | x | | ÷ | 6 |
| x | | ÷ | + | |
| | + | | - | 7 |
| 15 | 2 | | 7 | |
| 1 | 2 | 3 | 3 | 5 |
| 6 | 7 | 8 | 9 | |

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Uncle Sam Doorstop --- Iron doorstops became a hot collectible with rising prices about 1990. A 1985 book picturing doorstops and several auctions, which included rare doorstops, sent collectors searching for examples of the 1930s and '40s collectible. They became so popular that thousands of copies were made, many from the original molds. Bright new paint identifies many recent doorstops, but some, with artificial wear and tear, are good enough to fool collectors today. It is almost impossible to break an iron figure, so many iron doorstops still are available with little damage. Top prices are paid for doorstops in great condition with almost all of the original paint. And, of course, rarity adds value.

This original Uncle Sam doorstop has the words "For the Open Door" on the base. The words "For the Open Door" had a political meaning, and it was not just a statement about how the doorstop was used. A complicated "Open Door" policy was promoted by the U.S. in 1899. It suggested that all countries should allow China and other countries to trade with no tariffs, no special harbor charges, and with no interference or attempts to divide China. There was another Open Door political discussion in 1922, and this one mentioned on the doorstop. China opened special investment zones in 1928. There were more international discussions and changes in 1978 concerned with China's industry, trade and foreign investment.

The Uncle Sam doorstop is rare and desirable, and this one, with great paint, sold several years ago at a Berthia Auction for \$21,240. The 1985 value was \$250.

TIP: Apply your makeup, wash your hands, then put on your jewelry. This is especially important for pearls.

For more collecting news, tips and resources, visit www.Kovels.com

Q: My sister was given a black Courroc serving tray

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STICKELERS

by Terry Stickels

Draw a square. Now divide the square into four equal and congruent parts with three straight lines.

None of the lines can cross each other within the square. How can this be done?

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Strange BUT TRUE

* August Rodin's work "The Age of Bronze" was so realistic that some people thought he'd actually sacrificed a real person inside the cast.

* English poet Lord Byron was a student at Cambridge University when he took issue with the ban on keeping dogs as pets, so he came up with a unique way of getting back at the school: Since there was no prohibition in the fine print against bears on campus (probably because they'd never had a pupil quite like Byron before), he not only found a bear to keep as a pet, but also took it for walks around the grounds on a leash.

* Despite being raised and identifying as Jewish, singer-songwriter Leonard Cohen spent five years in seclusion at the Mt. Baldy Zen Center in California and was ordained a Buddhist monk in 1996.

Thought for the Day: "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." -- Mark Twain

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Now here's a tip!

by Jo Ann Derson

* Someone late for dinner?

To keep potatoes warm without drying them out (as would happen in an oven), set their serving dish in a larger pan of hot water and cover.

* "I use a small plastic bowl as a scoop in my big bag of potting mix. It's a good amount to pot a small plant, and I can hold my pot over the bowl to save the soil." -- R.F. in Oregon

* Give your buttons a boost! Use clear nail polish to strengthen the strings holding your buttons in place. Just a drop on the face of each button, and let dry. You'll never know it's there, but it definitely helps.

* Remember this old trick when camping: Use salt to keep ice cold and slow the melt. In fact, I salt the ice in the cooler whenever we use it, camping or not!" --

G.L. in South Carolina

* Challenge your school-age kids or grandkids to a "word scavenger hunt" in the daily newspaper. You can have them search for words relating to a particular subject, or have a contest to see who can find the most unusual or complex words. It gets them reading and looking! Preschool-age kids can use a magazine to do a scavenger hunt for certain items, like colors, animals, kitchen items, etc.

* Mark a reusable water bottle with time measurements so you'll know if you are drinking enough during the day.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

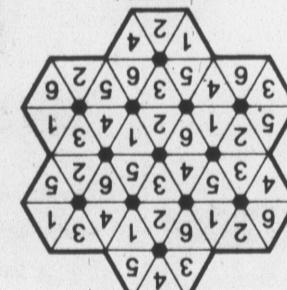
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Go Figure!

answers

SNOWFLAKES

solution



| | | | |
|----|---|---|--------|
| 15 | + | 2 | 7 |
| 5 | + | 8 | - 6 7 |
| | | | |
| 2 | × | 9 | ÷ 3 6 |
| | | | |
| 1 | × | 7 | + 3 10 |
| | | | |

Stickelers Answer



way

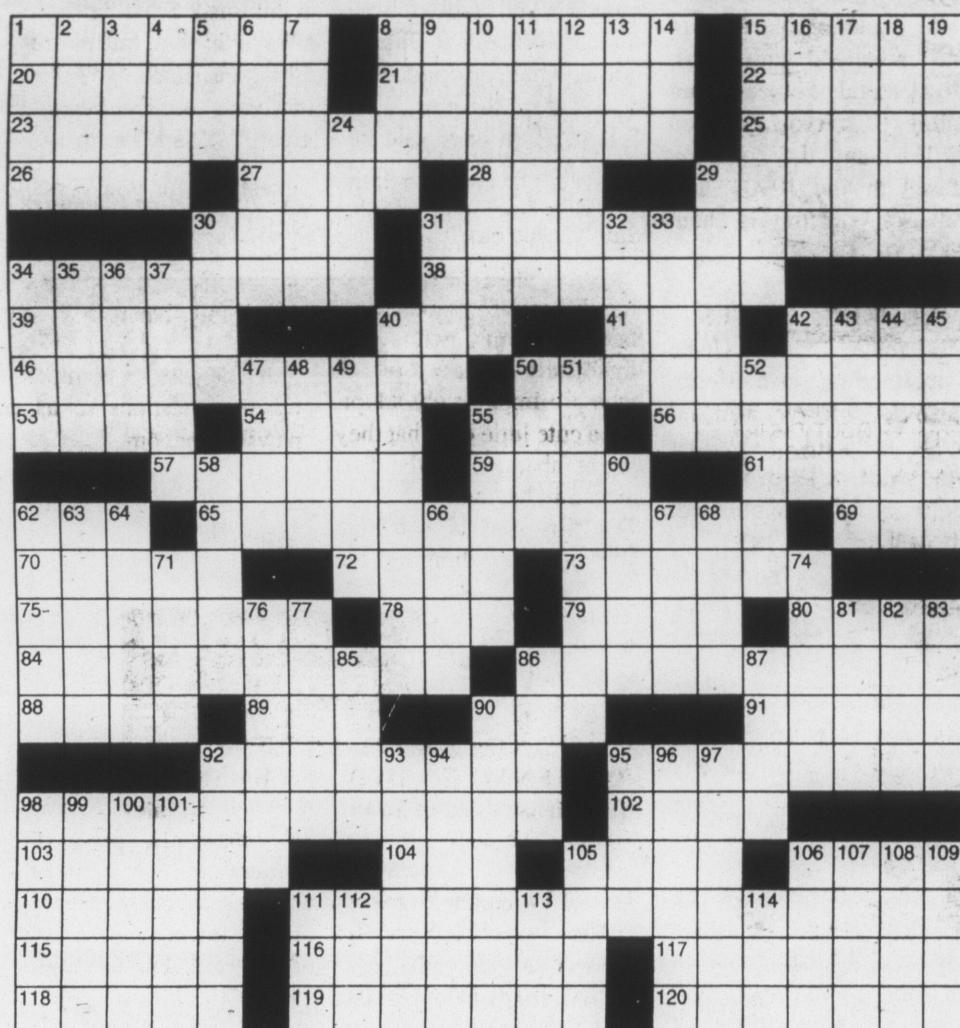
Super Crossword

ACROSS

- 1 Boat docks
- 8 Mere penny
- 15 Stair face
- 20 Generally
- 21 Infused with carbon dioxide
- 22 Cosmetics queen Lauder
- 23 Holiday tree brighteners
- 25 Figure skating category
- 26 Baby blues, say
- 27 Detroit loc.
- 28 By way of
- 29 — Babies
- 30 Info on a library slip
- 31 Thing swung on a court
- 34 Undermined
- 38 Federal case, so to speak
- 39 Countified
- 40 See 42-Across
- 41 German's "one"
- 42 With 40-Across, headwear for doing laps
- 46 William Tell wielded one

DOWN

- 50 Nine-footer with 88 keys
- 53 Game with a cue stick
- 54 "Cat on — Tin Roof"
- 55 Bakery treat
- 56 Atypical pets
- 57 Taco sauce brand
- 59 Everyone, in German
- 61 Topic in question
- 62 Beddy-bye clothes
- 65 Gravity-defying party decoration
- 69 Have a go at
- 70 Reply to "You are not!"
- 72 Spoiled stars' problems
- 73 Running back Smith
- 75 Pro at PR
- 78 Crude abode
- 79 "Hud" actress
- 80 Morale of film and TV
- 84 Pinocchio, for one
- 86 Rosary's nonreligious relative
- 88 1 Knight's club
- 104 Cellular stuff
- 105 Rick's love in a 1942 film
- 106 Farmland unit
- 110 Cleaned up some leaves
- 111 What eight of this puzzle's answers have
- 115 Saw wood
- 116 Capital of New Jersey
- 117 Paying to stay at Patricia
- 118 Disbursed
- 119 Like mustard
- 120 Post-Trojan War tale
- 124 Alternative to drapes
- 130 Court divider
- 132 Conception
- 133 Fisher's net
- 135 Irish money
- 136 BP gas brand
- 137 Painter Frida
- 138 Instinct jointly
- 139 Uses a divan
- 140 Acquire, as debt
- 145 Stroll

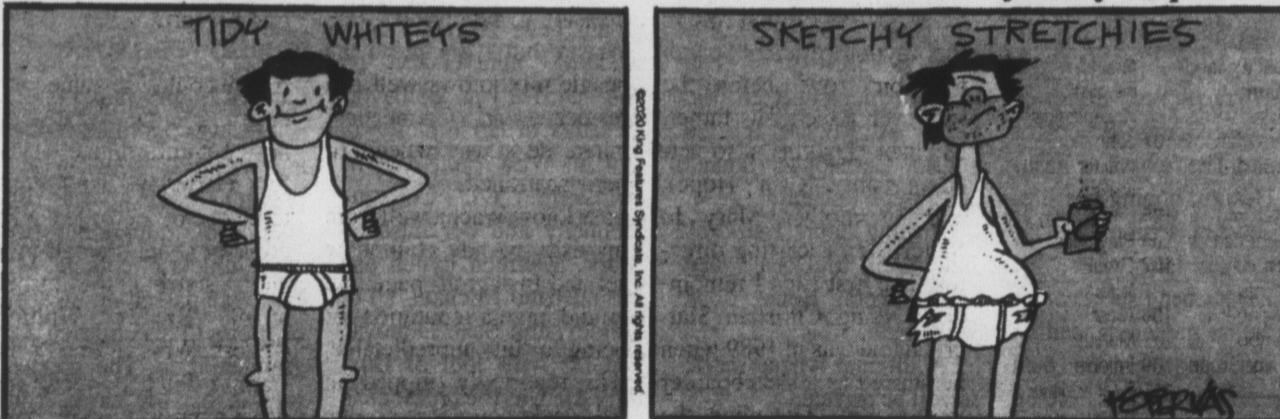


Amber Waves



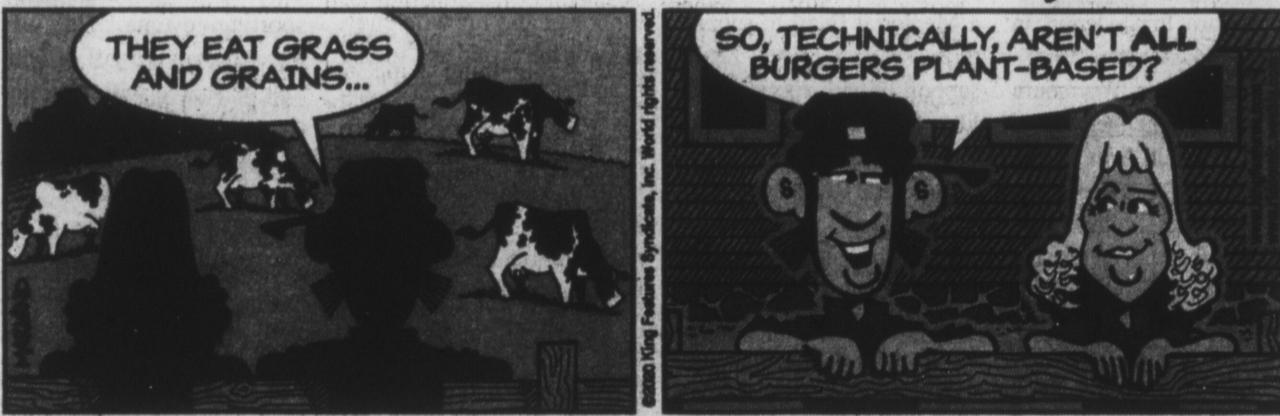
by Dave T. Phipps

Out on a Limb

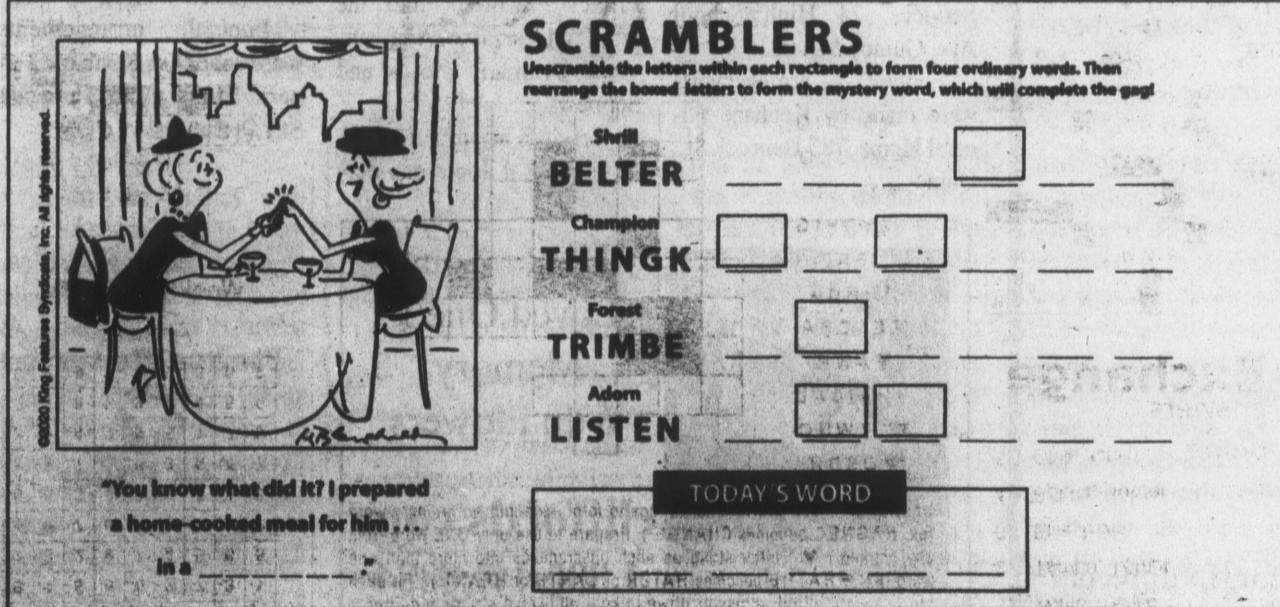
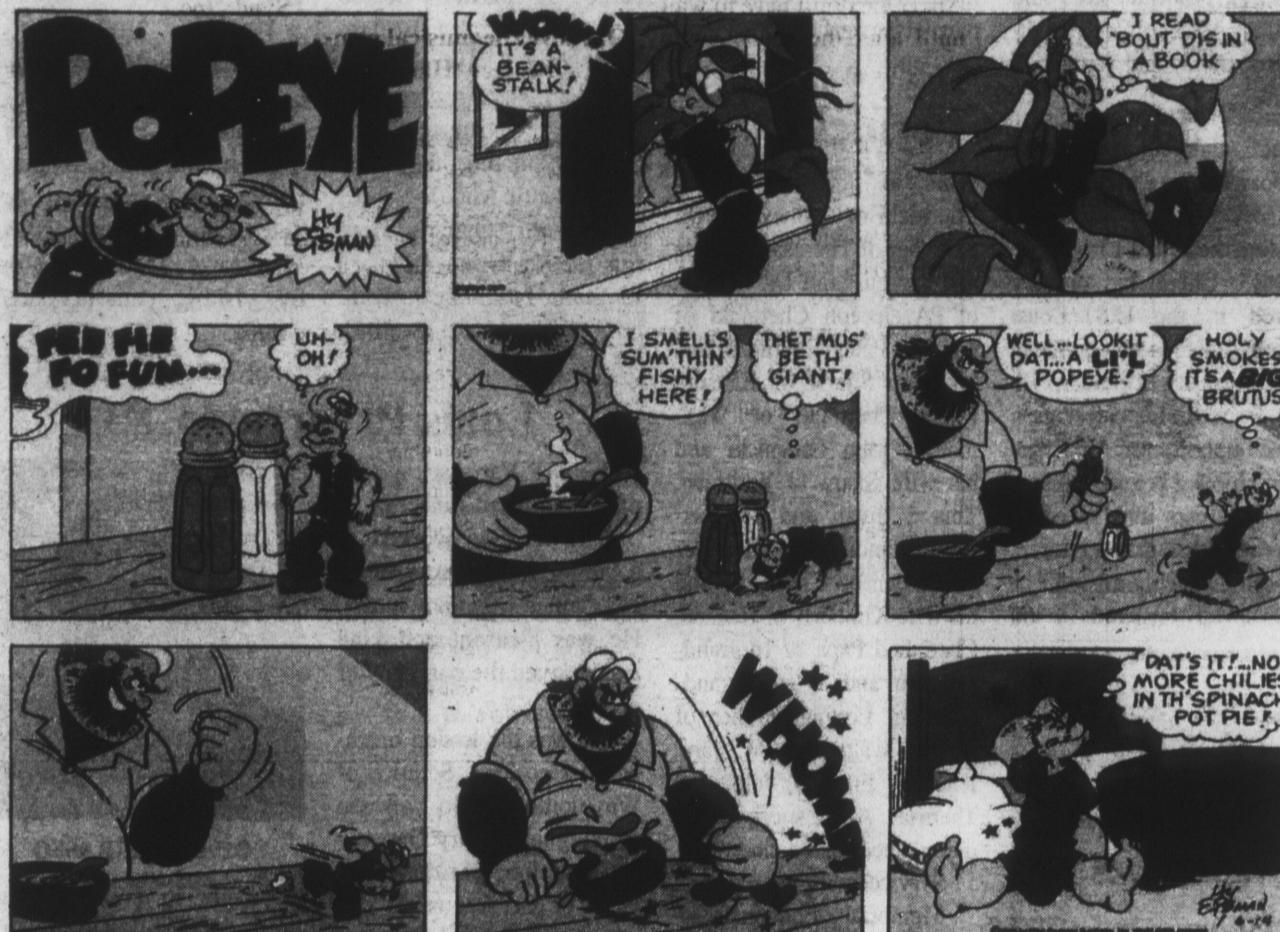


by Gary Kopervas

R.F.D.



by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Shrill

BELTER

Champion

THINK

Forest

TRIMBE

Adom

LISTEN

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 5 | 3 | 1 | 2 | 6 | 3 |
| 5 | 4 | 1 | 3 | 4 | 4 | 5 |
| 3 | 4 | 3 | 1 | 5 | 4 | 2 |
| 4 | 4 | 2 | 3 | 3 | 2 | 3 |
| 2 | 1 | 5 | 4 | 4 | 1 | 5 |

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

| | | | | | |
|---|---|---|---|---|---|
| 1 | 4 | 5 | 2 | 6 | 3 |
| 2 | 6 | 4 | 4 | 4 | 5 |
| 2 | 5 | 1 | 5 | 4 | 2 |
| 3 | 5 | 3 | 6 | 4 | 1 |
| 5 | 3 | 6 | 3 | 1 | 4 |
| 4 | 2 | 3 | 1 | 3 | 6 |

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Are High Rehoming Fees Legitimate?

DEAR PAW'S CORNER:

In a private Facebook group I belong to, someone is offering a pet for adoption, saying it belonged to their recently deceased mother-in-law. They want a \$650 fee for "rehoming" the pet, because they say it has AKC registration. Is this a legitimate fee? It seems awfully steep. -- James in Burlington, Vermont

DEAR JAMES: Rehoming fees are a fact of life for private pet placements, but \$650 to simply adopt a pet is unreasonably steep.

That isn't to say that rehoming fees are a bad thing. A reasonable rehoming fee can prevent a pet from being adopted by people with bad intentions, who can't financially care for a pet, or who are impulsively adopting a cute little dog that they might abandon at the first hiccup in behavior.

The flip side is someone abusing the rehoming fee

for personal profit. That person may claim that the fee offsets their costs of caring for the pet, but when the rehoming fee far outstrips the cost of adopting from a shelter, it's time to proceed with caution.

Find out what the local shelter charges to adopt a pet and ask online what average rehoming fees are for your area. If you're interested in the dog, contact the offerer and find out as many details as possible about its breed, temperament, health and the environment it lives in. Do not send any money beforehand. You need to meet both them and the dog in person, and no money should change hands until both sides agree (in writing, ideally) to the rehoming.

Further, if they are truly concerned for the dog's welfare, they will have questions for you -- maybe even an application -- to make sure you are genuinely adopting the dog and will be a good owner.

Send your comments, tips or questions to ask@pawscorner.com.

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TOP TEN VIDEO, DVD for release week of June 22, 2020

Top 10 Video On Demand

1. The Invisible Man (R) Elisabeth Moss
2. Bad Boys for Life (R) Will Smith
3. Sonic the Hedgehog (PG) James Marsden
4. Survive the Night (R) Bruce Willis
5. Jumanji: The Next Level (PG-13) Dwayne Johnson
6. Blumhouse's Fantasy Island (PG-13) Michael Pena
7. Jaws (PG) Universal
8. Bloodshot (PG-13) Vin Diesel
9. Body Cam (R) Mary J. Blige
10. The Call of the Wild (PG) Harrison Ford

Top 10 DVD, Blu-ray Sales

1. Sonic the Hedgehog (PG) Paramount
2. The Invisible Man (R) Universal
3. Onward (PG) Disney
4. Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn (R) Warner Bros.
5. The Call of the Wild (PG) Fox
6. Star Wars: Episode IX: The Rise of Skywalker (PG-13) Disney/Lucasfilm
7. Jaws (PG) Universal
8. Bloodshot (PG-13) Sony Pictures
9. Jumanji: The Next Level (PG-13)
10. Bad Boys for Life (R) Sony Pictures

Sources: comScore/Media Play News

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| | | | | | |
|---|---|---|---|---|---|
| 4 | 2 | 3 | 1 | 3 | 6 |
| 5 | 3 | 6 | 3 | 1 | 4 |
| 3 | 5 | 3 | 6 | 4 | 1 |
| 2 | 5 | 1 | 5 | 4 | 2 |
| 2 | 6 | 4 | 4 | 5 | 5 |
| 1 | 4 | 5 | 2 | 6 | 3 |

| | | | | | |
|---|---|---|---|---|---|
| 4 | 2 | 3 | 1 | 3 | 6 |
| 5 | 3 | 6 | 3 | 1 | 4 |
| 3 | 5 | 3 | 6 | 4 | 1 |
| 2 | 5 | 1 | 5 | 4 | 2 |
| 2 | 6 | 4 | 4 | 5 | 5 |
| 1 | 4 | 5 | 2 | 6 | 3 |

BIKINI

Today's Word
3. Timbre; 4. Tinse

1. Tuber; 2. Kingfish

5. Solution

SCRAMBBLERS

OBITUARIES

Robert E. Powers, 92

Robert E. Powers, 92, of Quincy, died June 17.

Born in Boston on Dec. 21, 1927, he was the son of the late Joseph Powers and Mary (Cardarelli). Mr. Powers was the beloved husband of the late Theresa J. (McDonough) in a marriage that lasted over 65 years, and the devoted father of Steven Powers and his wife Elaine of Quincy, Brian Powers and his wife Gail of Braintree, Robert Powers and his wife Pamela of Lexington, and Michael Powers and his wife Barbara of East Falmouth. He was the brother of Joan Cahill who is married to Charles of Hingham, and the late Joseph Powers who was married to the late Kay of Alton Bay, NH. He was the beloved grandpa to Brian Powers and wife Mikala, Emily Cooley and husband Scott, Stephanie Powers, Aidan Powers and wife Christina, Alexandra Cellucci and husband Marc, Liam Powers and wife Kristen, Marissa Powers and wife Elicia Hickey, Erin, and Kelsey. He was predeceased by his granddaughter Shannon Nissa Bailey Powers. He adored his 10 great-grandchildren and was proud of being "Uncle Bob" to the many nieces and nephews from the Powers, Cahill, McDonough, Towle, Pessier, Burns, Hannigan and Jansky families.

Mr. Powers served in the United States Coast Guard and Army National Guard and was a retired chief engineering supervisor for the Boston Public Schools, where he worked for over 30 years, starting out as a custodian. Mr. Powers attended Boston Technical High School. He was an



ROBERT E. POWERS

active member of the St. Joseph parish in Quincy.

His sense of humor and personal loyalty earned him lifelong friendships, many of which began when he was growing up in the St. Mark's section of Dorchester. Mr. Powers enjoyed a long and healthy retirement playing golf and spending time with his cherished family; you could always expect a birthday or anniversary card in the mail and a loving phone call from dad and grandpa to mark special occasions.

Mr. Powers never met a home repair project or political debate that he could not handle and his intellectual curiosity and passion for education are important parts of his lasting legacy.

Graveside services at Blue Hill Cemetery in Braintree will be private.

Memorial donations may be made to Cystic Fibrosis Foundation, Massachusetts/Rhode Island Chapter, 220 North Main St. Suite 104, Natick MA 01760, fightcf.org; or to Neurofibromatosis Northeast, 9 Bedford St., Burlington, MA 01803, nfnortheast.org.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Anne Marie Reed, 68

Anne Marie Reed of Abington, formerly of Quincy, died at home, finding her peace on June 13, the day after her 68th birthday.

She was born in Quincy to Frank and Jennie Wainionpaa; growing up in the Finnish tradition at West Quincy Congregational Church in Quincy and Camp Clear in Carver. She graduated from Quincy High School, Class of 1970, achieved certificates at Vesper George School of Art and The School of Fashion Design, honing her lifelong love of sewing.

In their later years, she and her husband spent countless hours gardening, sailing and nurturing their cherished grandchildren. Mrs. Reed was beyond caring, selfless, and a woman of deep faith, serving others many years at Fort Square Presbyterian in Quincy, South Shore Christian Academy in Weymouth and as a current member of Grace Church in Avon.

Childhood sweethearts and lifelong companions with 46 years of marriage, she is the beloved wife of Arthur E. Reed, Jr. Devoted mother of Ashley S. R. Tiguy, her husband Igor and daughter Mila Anja Tiguy of Billerica, Anne K. Reed and son Jack Michael Reed Cluett of Rockland, and Arthur E.

Joseph S. Chernicki

Joseph S. Chernicki, of Quincy, formerly of South Boston, died June 13.

Mr. Chernicki proudly served in the U.S. Coast Guard, finishing his service at the Boston Light Station. He had a successful career as a skilled upholsterer. Mr. Chernicki enjoyed boating, tinkering with cars and spending time with his grandchildren. He will be deeply missed.

Beloved husband of 60

years to Joanne (Mahan) Chernicki of Quincy. Devoted father of Theresa Richards and her husband Dr. Charles of PA, Joseph Chernicki of Quincy, Peter Chernicki and his wife Sheila of Hanson, Frank Chernicki of Weymouth, John Chernicki and his wife Shara of Whitman, Tina Sullivan and her husband Timothy of Hanover and Michael Chernicki and his wife Kimberly of Hanson. Cherished Papa of 16 grandchildren and 2 great-grandchildren. Loving brother of the late Walter, Ida, William, Jeanette, Frances, John and Theresa. Also survived by many nieces and nephews.

Services will be private.

Memorial donations may be made to Quincy Veteran Services, 24 High School Ave, Quincy MA 02169.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Services are private.

Leo W. Donovan, 80

Leo W. Donovan, age 80, of Quincy, died suddenly June 15.

Born in Boston and raised in Dorchester, he was the son of the late Charles T. Donovan and Nora H. (Sullivan). Mr. Donovan was the beloved husband of Kathleen M. (Cafferty) Donovan of Quincy with whom he would have shared a 57th wedding anniversary on Aug. 24. He was the devoted father of Brian Donovan and his wife Tami of Williamsburg, VA, Christine Donnelly and her husband Mark, Maureen Lynch and her husband Michael, all of Quincy, and Sean Donovan and his wife Jodi of Duxbury. He was the brother and best friend of Joseph Donovan and his wife Susan of Quincy, and the late Charles Donovan and his wife Judy.

He was the proud and loving grandfather of Conor and his wife Kayla, Aidan, Colin, Liam, Caroline, Owen, Griffin, Maggie, Molly, and Ronan. He is survived by many loving and cherished nieces and nephews.

Mr. Donovan was a graduate of Boston Technical High School and Massachusetts Maritime Academy. He earned his master's degree in education from Bridgewater State University. Mr. Donovan was a retired educator for the Quincy Public Schools, having taught at both Atlantic Middle School and North Quincy High School. Mr. Donovan was a longtime baseball, softball, and soccer coach at North



LEO W. DONOVAN

Quincy High School.

He was an avid golfer and enjoyed bowling and playing cards with his friends. A tremendous two sport athlete in college, Mr. Donovan passed on his love of sports to his children and grandchildren. The greatest joys in his life came from time spent with his family, especially his grandchildren and attending their many sporting events. He was blessed with the gift of faith that he shared with his family and loved ones.

Having spent his whole life as an educator, Mr. Donovan has left his loved ones with so many life lessons that he both shared with them in his words and showed them in his actions.

Mr. Donovan's funeral Mass and burial will be private.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Boston Catholic Television, PO Box 9196, Watertown, MA 02471 or by visiting catholictv.org/donate.

Louis P. Varrasso, 83

Louis P. Varrasso, age 83, of Quincy, died June 18.

Mr. Varrasso worked as a janitor for Quincy Medical Center for many years. He was pleasant and kind and enjoyed the company of people.

He was the loving brother of Carolann Schultz of Weymouth, Guido Varrasso of Hingham, Mary Gargano of Randolph, Eleanor Rainwater of KY, Augustine Varrasso of Randolph, the late Francis Varrasso, and the late Paul Varrasso. Also survived by many nieces and nephews.

Services will be private.

Memorial donations may be made to Father Bill's Place, 38 Broad St., Quincy, MA 02169.

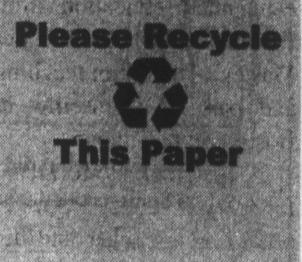


LOUIS P. VARRASSO

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

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Vincenza L. Federico, 89

Vincenza L. "Franny" (Tortorici) Federico, 89, of Quincy and formerly of Boston's North End, died peacefully at her home, surrounded by her loving family, on June 18.

Born in Boston on Sept. 9, 1930, she was the daughter of the late Joseph and Elisa (Greco) Tortorici and attended local schools. She graduated from The Girl's High School in Boston with the Class of 1948. After high school, she went right to work. She had many jobs throughout her career working at Mass General and different insurance companies, her last job was at BFDS working as a receptionist. She enjoyed her work and all the relationships she built throughout the years. Mrs. Federico retired in 1991 and looked forward to spending quality time with her family, doing the things she loved.

In her spare time, Mrs. Federico always kept active with her hobbies, she enjoyed taking long walks, reading poetry and social gatherings. When she was home, Mrs. Federico enjoyed cooking, listening to Willy Nelson, John Denver and reading stories of people's lives. She also liked to travel and meet her sisters every Wednesday for lunch in Boston's North End.



VINCENZA L. FEDERICO

Family was the most important part of her life. Mrs. Federico had two careers, the first was a full-time homemaker, while the second being a full-time receptionist. Family was the most important part of her life.

Mrs. Federico was a very neat and organized person. Though she was private, Mrs. Federico loved to laugh and had a great sense of humor. Her life lessons and example are part of her legacy that continue through her family. She will be missed by all the lives she touched.

She was the beloved wife of Peter W. Federico. The two married on Oct. 11, 1959 in Sacred Heart Church of Boston's North End. Together the two shared 60 years of loving marriage. She was the devoted mother of Christina Jones and her husband James of Quincy and the loving grandmother of Daniel Jones of Brighton, Peter Jones of Cambridge and Richard Jones of Newton. She was

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or to Shriners Hospitals for Children, 2900 Rocky Point Drive, Tampa, FL 33607.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Chi-En Lee of Marlborough died June 17.

Predeceased less than three months prior by her loving husband of 68 years, Ching-Wen Lee, she is survived by her devoted son and daughter-in-law, Harry and Eileen Lee, of Quincy; the families of loving nephews Al Wei of Toronto; Paul Wei of East Lansing; Naxin Li of Washington, D.C.; and generations of relatives in China, her birthplace.

At age 11, Mrs. Lee led two younger sisters on a refugee trek up the Yangtze River from Wuhan to Chongqing to escape the Japanese while her parents stayed behind to take care of still younger siblings. Due to that harrowing experience, she grew resilient, self-reliant, and devoted to Christianity as she followed her mother's orders to kneel and pray whenever she did not know what to do during that trek.

Mrs. Lee immigrated to



CHI-EN LEE

the United States to join her husband in 1959, ultimately settling in Knoxville, Tennessee, before moving with her husband to Marlborough in 2004 to be close to family.

When she landed in the United States, she spoke no English. She subsequently graduated from college, and had careers as a hospital dietitian, alterations tailor, and gift shop owner. She grew a garden once selected to be part of the Knoxville Dogwood Arts festival; sold home-made tofu; taught Chinese cooking and Tai Chi;

sang in choirs; knitted, did macramé, and quilted.

Mrs. Lee had close friends everywhere; was an incredible mother and wife; was always looking to help whomever, whenever; played a mean game of mah jong and ping pong. She will be missed.

Due to the pandemic, services will be private. Chi-En will be laid to rest at Cedar Grove Cemetery in Dorchester, next to Ching-Wen and her daughter-in-law's parents.

Memorial donations may be made to New Horizons at Marlborough, 400 Hemenway St., Marlborough, MA 01752 (attn: Finance Administrator) where she resided contentedly for 15 years.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Herbert S. Dunham

A funeral service for Herbert S. Dunham of East Bridgewater was held Tuesday in McDonald Keohane Funeral Home, South Weymouth.

Mr. Dunham died unexpectedly June 19 at home.

He was born in Quincy to the late Robert and Mary (Simmons) Dunham. He attended Quincy High School and obtained his bachelor's degree from Northeastern University. Mr. Dunham was a proud Vietnam era Navy veteran and was a member of the American Legion Abington Post 112.

He worked for many years as a controller in manufacturing facilities such as



HERBERT S. DUNHAM

Pneumatic Scale in North Quincy, Barcolene Company in Holbrook, Double E Company in West Bridgewater and C.P. Bourg Inc. in New Bedford. Mr. Dunham was a selfless man who gave his time to volunteer work over the years at Wareham District Court and also at special education surrogate

parent.

Beloved husband of 47 years to Carol A. (Longo) Dunham of East Bridgewater. Loving father of Aimee Dunham and Renee Crepeau of Lawrenceburg, TN, Holly Parker and James Parker Jr. of Halifax and the late Keith Dunham. Proud grandfather of James Parker, Nathan Parker, Peter Parker and George Crepeau. Also survived by many nieces and nephews. He is predeceased by his siblings; Edward and Richard Dunham.

Memorial donations may be made to Adult and Teen Challenge, 5250 N Towne Center Dr., Ozark, MO 65721.

Loretta F. Palmacci, 92

A funeral Mass for Loretta F. Palmacci, age 92, of Quincy was celebrated Wednesday in St. John the Baptist Church, Quincy.

Ms. Palmacci died June 19.

A 40-year Quincy resident, she was born in Cambridge. She earned her Bachelor's degree in history and elementary education from Emmanuel College and her Master's Degree in teaching and pastoral counseling at Boston State College.

A Sister of Notre Dame for 29 years, Ms. Palmacci served as a teacher and detox and alcohol abuse coun-



LORETTA F. PALMACCI

selor at various Catholic schools in Boston. She later worked as a substance abuse counselor at the Middlesex Regional Addiction Center in Waltham and at Quincy Detox at Faxon House.

The beloved partner of

Maureen Murphy of Quincy, she co-parented Debi Murphy and her partner Jamie Fontaine, Kara Murphy and Teresa Murphy and was co-grandmother of Debi's children, Kyle Murphy and Mya Fontaine; daughter of the late Angelo and Teresa Palmacci; dear sister of Alba Thomas of Stoneham, Virginia Marasa of Lexington and the late Frank Palmacci and Ilia Trombley; and is also survived by many nieces and nephews.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Chi-En Lee



CHI-EN LEE

the United States to join her husband in 1959, ultimately settling in Knoxville, Tennessee, before moving with her husband to Marlborough in 2004 to be close to family.

When she landed in the United States, she spoke no English. She subsequently graduated from college, and had careers as a hospital dietitian, alterations tailor, and gift shop owner. She grew a garden once selected to be part of the Knoxville Dogwood Arts festival; sold home-made tofu; taught Chinese cooking and Tai Chi;

Margaret E. Callahan, 80

A funeral Mass for Margaret E. (Kent) Callahan, 80, of Quincy, was celebrated Wednesday in St. Ann's Church, Quincy.

Mrs. Callahan died June 18 after a lengthy illness.

Born in Boston, she was the daughter of the late Ollie Kent and Anna (Kilgallin). She was the beloved wife of the late William J. Callahan, and the devoted mother of Elizabeth Harrington and her companion John D'Andrea of Sagamore Beach, Robert Raimondi, Jr. and his wife Katie of Quincy, and Gwendolyn Klutsch and her husband Mitchell of NH. She was the proud and loving grandmother of Hillary and Jonathan Klutsch, and Dylan and Matthew Raimondi.

Mrs. Callahan was a Quincy resident for almost 60 years and worked as a



MARGARET E. CALLAHAN

medical secretary in the Outpatient Department at Carney Hospital in Dorchester for 26 years. She was also a member of the Quincy Elks and South Quincy Social Club.

Her main passion in life was her family. Mrs. Callahan loved family outings, adventures and gatherings all of which brought her great joy. For years, we gathered for regular Sunday dinners at her house where the food was fabulous and

the atmosphere always fun. She loved a challenge and taught herself how to cook, sew, bake and more! She made tablecloths for everyone in the family and knit Christmas stockings for her children and grandchildren.

Mrs. Callahan was loved by many and will be missed by us all. She will be remembered for her kind and generous heart, her fun loving spirit and her boisterous laugh.

Private interment at Massachusetts National Cemetery, Bourne.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Alzheimers Association, MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

Mrs. Rapalje was a long standing member of the Wollaston Church of the Nazarene for over 50 years. Her loved ones would like to extend their tremendous gratitude to the Dr. Ruth McClain Hospice House for the compassionate and devoted care during Mrs. Rapalje's last months on earth.

Memorial donations may be made to the Dr. Ruth McClain Hospice House, 321 Manley St., West Bridgewater, MA 02379.

There will be a celebration of life for Muriel in the coming months. Please visit keohane.com/services/muriel-joyce-gordon-rapalje/ for updates and service announcements.

Muriel J. Rapalje, 79



MURIEL J. RAPALJE

Quincy and Joanna Rapalje Fitzgerald and husband Michael of Quincy. She was a devoted nana to her grandchildren Justina, Matthew, Olivia, and beloved Noah, who predeceased her. She also leaves behind her sister, Cheryl and husband Elmer Wilson of Mooresville, NC and brother, Garen Gordon of Mickelson, NJ. She will be greatly missed by her

LEGAL NOTICE

CITATION ON
PETITION FOR
FORMAL ADJUDICATION

Docket No. NO20P1298EA

Commonwealth of
Massachusetts

The Trial Court

Probate and Family Court

Norfolk Probate

and Family Court

35 Shawmut Road

Canton, MA 02021

(781) 830-1200

Estate of:

Wesley Thomas Kobles

Also known as:

Wesley Kobles,

Wesley T. Kobles

Date of Death:

December 7, 2019

To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by **Juliana L. Duarte Neves Kobles of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.The Petitioner requests that: **Juliana L. Duarte Neves Kobles of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 07/22/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED
ADMINISTRATION UNDER
THE MASSACHUSETTS
UNIFORM PROBATE
CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 16, 2020

PATRICK W. McDERMOTT
Register of Probate

6/25/20

OBITUARIES

Patrick J. Carey, 68

Patrick Joseph "Pat" Carey, 68, of Quincy and formerly of Dorchester died suddenly at his home on June 17.

Born in Boston on March 5, 1952, he was the son of the late Terence J. and Mary A. (O'Connor) Carey and attended Dorchester schools. Mr. Carey worked in the taxi industry for many years. He enjoyed his work and the relationships he built throughout the years.

In his spare time, Mr. Carey enjoyed playing his guitar, fishing, riding motorcycles and watching movies. The most important part of his life was his children. He loved his sons more than anything and was proud of the men they grew to be.

Mr. Carey was a great listener, always thoughtful, generous and kind. His life lessons and example are part of his legacy that continue through his children. Mr. Carey will be missed by all the



PATRICK J. CAREY

lives he touched.

He was the devoted and loving father of Patrick T. Carey and Zachary W. Carey, both of Braintree, and the former husband of Linda G. Barrington of Braintree.

Funeral services will be held privately.

Memorial donations may be made to the Salvation Army, 6 Baxter St., Quincy, MA 02169.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from S And H Tobacco, Inc., (aka S&H Tobacco Inc.) doing business as Hancock Market, Chandrika Patel Manager, for a change of location of their Off-Premises Package Store All Alcoholic Beverages License from 5 Cottage Avenue to 1500 Hancock Street. The premises is a retail store of approximately 2,400 sq. ft., on one floor. In accordance with the provisions of MGL Chapter 30A, Section 20, and in accordance with Governor Charles Baker's March 12, 2020 Order suspending provisions of the Open Meeting Law to promote public health and social distancing, the Quincy Board of License Commissioners will hold a remote public hearing at 4:00 p.m. on Tuesday, July 14, 2020 using Zoom Video Communication.

Nicole L. Crispo
Chair

6/25/20

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Natural Resources

Thomás P. Koch, Mayor
David Murphy, Commissioner of Natural Resources

INVITATION TO BID

The Department of Natural Resources for the City of Quincy, Massachusetts is seeking sealed bids for Pine Hill Cemetery Expansion – Phase I until 11:00 a.m. local time, Thursday, July 9, 2020, in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The Work under this Contract includes, but is not limited to, construction of an access road at Pine Hill Cemetery in Quincy, MA. Work includes, but is not limited to, clearing and grubbing, tree and stump removal, excavation, grading, rock and ledge removal, full depth pavement construction, riprap slope armoring, water line and frost-free hydrant installation, drainage structures and piping, and all materials, equipment, services and construction inherent to the Work.

The Work shall be substantially completed by November 1, 2020 and completed and ready for final payment by November 15, 2020.

Detailed specifications will be available June 24, 2020 at no cost on-line at the City of Quincy's Website, https://www.quincyma.gov/govt/depts/purchasing/current_bids.htm. Bidders shall send a confirming email to "purchasing@quincyma.gov" to allow Owner to maintain a plan holders list. If Bidding Documents are downloaded and/or printed from Owner's website, it is Bidder's responsibility to check the website for any addenda before submitting a Bid. The Owner will not be responsible for any Bid that omits addenda acknowledgement. Bidding Documents are also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM for a refundable printing charge of \$100.00 if returned 10 days within Bid opening and in unused condition.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch
Mayor

David Murphy
Commissioner, Natural Resources

6/25/20

Michael A. Sheehan, 50



MICHAEL A. SHEEHAN
and wife Maura of Braintree; loving uncle to Jonathan W. Sheehan, Brenna J., and Hannah D. Sheehan; former husband of Karen Sheehan of

Uxbridge. Also, survived by girlfriend Renee Gaura-Vangestal and close friend Jackie Chapman.

Mr. Sheehan was a dedicated member of Local 7 Iron Workers of Boston, Local 195 Stage Hands, and Local 481 Movie Technicians.

Memorial donations may be made to Boston Children's Hospital Trust, 401 Park Dr., Suite 602, Boston, MA 02215.

Carolyn L. Fitzpatrick

Carolyn L. (Watson) Fitzpatrick of Pembroke and formerly of Quincy died June 20.

Born in Wellsboro, PA, she was the daughter of the late Donald L. Watson and Janice R. (Plocke). She was the beloved wife of Robert J. "Bob" Fitzpatrick of Pembroke, and the devoted mother of Robert J. "Bobby" Fitzpatrick of Quincy, Erin M. Bryan and her husband Keith of Pembroke, Michael J. Fitzpatrick and his wife Katie of Quincy, Joseph R. Fitzpatrick and his wife Jaclyn of Pembroke, James M. Fitzpatrick and his wife Alanna of Hanover, and the late Ryan Lee Fitzpatrick. She was the sister of Marilyn Horner of Halifax and her late

husband Edwin, Gary Watson of Bridgewater and his late wife Diane, and Terri Watson of FL. She is survived by her 10 grandchildren, and many nieces and nephews.

Mrs. Fitzpatrick was a PCA for many years. She was like a mother to many of the friends of her children.

She loved all animals, especially dogs and cats. The greatest joys in her life came from time spent with her family and friends. Always quick to crack a joke, Mrs. Fitzpatrick always made sure everyone around her was smiling.

Those who were blessed to have known her are going to miss her loving, generous heart.

Visiting hours are 3 to 7

Pamela Wyman, 44

Pamela Wyman, 44, of Medford, died June 10 at her home.

Born in Quincy, she was the loving daughter of Bruce and Nancy Wyman. In addition to her parents she is survived by her grandmother Dolores Wyman, her sis-

ter Jennifer Wyman and her nieces Hannah and Samantha whom she cherished with a love they will never forget. In addition, she is survived by many beloved aunts, uncles and cousins.

A graduate of Fontbonne Academy '94 and Johnson



PAMELA WYMAN

and Wales '98. For eighteen years she worked at Boston IVF as a site supervisor.

Ms. Wyman had a generous heart and a zest for life that knew no bounds. Whether it was a cruise to anywhere or a trip to the lake with her loyal, loving friends.

She loved children and had many extended nieces and nephews who will always remember her as "Auntie Pam."

As a breast cancer survivor, she fought to live her life to the fullest. Her smile, laugh and witty disposition will be missed by all.

She will be laid to rest in St. Michael's Episcopal Church Garden of Seasons in Milton in a private ceremony due to restrictions in place during the COVID-19 pandemic.

Memorial donations may be made to The Healing Garden, 145 Boston Rd., Harvard, MA 01451.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

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Massachusetts RMV Encouraging Customers To Renew Licenses Online

The Massachusetts Registry of Motor Vehicles (RMV) is encouraging all eligible customers to renew their standard Massachusetts driver's license or Massachusetts ID card online at Mass.Gov/RMV any time between now and Aug. 12, in order to qualify for a free upgrade to a REAL ID credential in 2021.

This one-time, time limited offer is available to most customers who have an expired or expiring license or ID card dated between March 2020 and August 2021, as renewals are allowed up to two years after expiration, or up to a year in advance of the expiration date printed on their license or ID.

"The RMV is encouraging all of our customers to stay safe, save time, and go online during the COVID-19 pandemic to renew their license or ID card, rather than attempting to come in to get a REAL ID," said RMV Registrar Jamey Tesler. "Over 500,000 people have a license or ID credentials that expires this summer that can be renewed online, and we hope they will all take advantage of this one-time offer for a free, future upgrade to allow the RMV to prioritize 'social-distancing' and other essential transactions that may only be completed in-person."

Qualifying customers who complete their renewal online prior to Aug. 12th and wish to upgrade to a REAL ID for free, will have to wait until at least February 2021 to visit an RMV Service Center. At this time, customers will not need a federally-compliant REAL ID for the purposes of boarding domestic flights prior to Oct. 1, 2021 because the federal government delayed the compliance effective date by one-year.

The fee for obtaining a standard or REAL ID license is \$50, while the fee for obtaining a standard or REAL ID card is \$25. The

typical \$25 upgrade/amendment fee will be waived under these qualifying circumstances.

Obtaining an initial federally-compliant REAL ID requires all customers to visit a Service Center in-person to present verifying documents. The RMV has introduced this initiative and fee waiver pursuant to Executive Order 39 issued by Governor Baker on June 12, and in light of the COVID-19 public health emergency to encourage "social-distancing" and limit unnecessary travel by reducing the need for many customers to visit a Service Center, and allowing for the prioritization of essential in-person needs by appointment-only.

Customers should take the following steps to determine their online renewal eligibility and to qualify for this offer:

Visit Mass.Gov/RMV, login to your "myRMV" account, and find out if they are permitted to renew online.

Renew online by Aug. 12th – your new standard license or ID card will be sent to you via U.S. Mail.

The cost for renewing a driver's license is \$50. The cost for renewing an ID card is \$25. These costs are the same for both a standard or REAL ID license or ID card. The cost for upgrading or amending a license or ID card outside of your renewal cycle is \$25, which will be waived for participating, eligible RMV customers.

Customers who renew online will have to wait until at least February 2021 to make an appointment for a REAL ID and have their \$25 upgrade / amendment fee waived. Anyone who holds a valid U.S. passport or other federally-compliant form of identification may never need a RMV-issued REAL ID.

As a service to its members, AAA continues to issue REAL ID credentials for their members only and

members should make an appointment before visiting an AAA location.

While the RMV has previously announced the below automatic extensions to certain expiring licenses and ID cards, all eligible customers are encouraged to take advantage of this offer by renewing online prior to Aug. 12th.

- Driver's licenses and ID cards that expired or will expire in March, April, and May 2020 will now expire in September 2020.

- Driver's licenses and ID cards that will expire in June have been extended until October 2020.

- Driver's licenses and ID cards that will expire in July have been extended until November 2020.

- Driver's licenses and ID cards that will expire in August have been extended until December 2020.

All RMV customers are encouraged to visit www.Mass.Gov/RMV to renew their license or ID card, and

complete one of over 40 other transactions available online, by mail, or by phone.

For details on these and other credential expiration

date extensions and additional information on RMV service offerings available online, by mail, or by phone.

visit www.mass.gov/rmv or

https://www.mass.gov/info-details/rmv-covid-19-information.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P1292EA

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Norfolk Probate and Family Court

35 Shawmut Road

Canton, MA 02021

(781) 830-1200

Estate of:

Rosalie M. DiRico

Date of Death:

April 24, 2020

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative

has been filed by

Mark A. DiRico of Norwell,

MA and John P. DiRico of

North Marshfield, MA

requesting that the Court enter

a formal Decree and Order

and for such other relief as

requested in the Petition.

The Petitioner requests that: John B. O'Donnell, Jr. of Fitchburg, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding.

To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of

07/22/2020. This is NOT a

hearing date, but a deadline by which you must

file a written appearance

and objection if you object to this proceeding.

If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons

interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 18, 2020

PATRICK W. McDERMOTT

Register of Probate

6/25/20

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P1291EA

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Norfolk Probate and Family Court

35 Shawmut Road

Canton, MA 02021

(781) 830-1200

Estate of:

Kathleen M. Clifford

Also known as:

Cathy Clifford

Date of Death:

March 25, 2020

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative

has been filed by

Melissa Clifford of Hanover,

MA requesting that the Court enter

a formal Decree and Order

and for such other relief as

requested in the Petition.

The Petitioner requests that: Mark A. DiRico of Norwell, MA and John P. DiRico of North Marshfield, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding.

To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of

07/22/2020. This is NOT a

hearing date, but a deadline by which you must

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If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons

interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 16, 2020

PATRICK W. McDERMOTT

Register of Probate

6/25/20

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given, under Chapter 138 of the Massachusetts General Laws that an application has been received from KH Retail Inc doing business as Squantum Market & Liquors, Kinjalkumar Patel Manager, for a Transfer and Pledge of the Off-Premises Package Store All Alcoholic Beverages License presently held by James Mullaney and Karen Mullaney (dba Mullaney's), for the premises located at 205 West Squantum Street. The premises is a ground floor location of approximately 1500 sq. ft., with basement. In accordance of the provisions of MGL Chapter 30A, Section 20, and in accordance with Governor Charles Baker's March 12, 2020 Order suspending provisions of the Open Meeting Law to promote public health and social distancing, the Quincy Board of License Commissioners will hold a remote public hearing at 4:00 p.m. on Tuesday, July 14, 2020 using Zoom Video Communication.

Nicole L. Crispo
Chair

6/25/20

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LEGAL NOTICE

LEGAL NOTICE

CITY OF QUINCY
SCHEDULE FOR WATER & SEWER
FISCAL YEAR - 2021 (EFFECTIVE JULY 1, 2020)

WATER USAGE:
SEWER USAGE:

Residential Billing cycle is Quarterly
Non-residential Billing cycle is Monthly

\$6.67 per hundred cubic feet
\$14.52 per hundred cubic feet

New Connection Charge \$375
 Application and inspection of a new connection to the sewer system.

Unauthorized Sewer Connection \$5,000
 Unauthorized connection to the sewer system for which an application was not submitted and approval was not granted by the Commissioner of Public Works.

Unauthorized Sewer Use
 Any discharge to the sewer system that does not come from an approved connection. Examples would be dumping of waste directly into the sewer system via a sewer manhole, a sump pump that drains directly into the sewer, or downspouts from gutters that drain directly into the sewer system.

1st Offense \$500
 2nd Offense \$1,000
 3rd Offense \$2,500

Sewer Pipe Inspection \$200 per day - Site visit to inspect sewer connections.

Denial of Access to Premise/Property \$25 per visit
 Site visit necessary to determine the extent and cause of a sewer system issue and access has been denied by the customer or the property owner(s).

Private Infrastructure Analysis - Cost of Labor & Materials
 Inspection and/or analysis of a private sewer. The property owner(s) will be responsible for reimbursing the Sewer Department for the cost of labor and materials used.

Private Infrastructure Repair - Cost of Labor & Materials
 Repair by the City of a private sewer. The property owner(s) will be responsible for reimbursing the Sewer Department for the cost of labor and materials used.

Lateral Maintenance-Residential (4 units or fewer) - \$375

Property owner(s) are responsible for maintenance and repair of the sewer line between their foundation and the edge of the sidewalk. In the event that cleaning of the sewer line is required, the City will clean out the sewer line once per fiscal year at no cost to the customer. Property owner(s) will be charged for subsequent cleanings.

Lateral Maintenance-Large Residential and Mixed Use Residential (5 units or more) \$500 or \$250/hr whichever is greater. The property owner(s) are responsible for maintenance and repair of the sewer line between their foundation wall and the edge of the sidewalk. Upon request, the City will clean the sewer line for the charge identified above.

Lateral Maintenance-Non-residential \$1,000 or \$500/hr, whichever is greater

The property owner(s) are responsible for maintenance and repair of the sewer line from their foundation wall to the point where the line connects to the sewer main (generally in the center of the street). Upon request, the City will clean the sewer line for the charge identified above.

Lateral Repair or Replacement - Cost of Labor & Materials

Upon request, the City will repair or replace a lateral sewer line. The property owner will be charged for the cost of labor and materials used.

Prohibited discharges include all substances, waters, or wastes that may harm or interfere with any wastewater system. They include cooking fat, bacon grease, oil, fuel, etc.
 A complete listing of prohibited discharges can be obtained from the DPW at 55 Sea St.

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - First Offense \$1,000

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - 2nd Offense \$2,500

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - 3rd and Subsequent Offense \$5,000

Prohibited Discharge—Non-residential First Offense - \$2,500

Prohibited Discharge—Non-residential 2nd Offense - \$5,000

Prohibited Discharge—Non-residential - 3rd and Subsequent Offense

\$7,500

Water Service Turn On/Turn Off

\$75.00

Manual Meter Read

\$100.00 per billing interval

Water Meter Test – Meter 1" or smaller

\$100.00

Water Meter Test – Meter larger than 1"

If commercial customer fails to comply with city's request to test meter, then the city is authorized to engage a private vendor to disassemble and test the meter and charge the cost of same to commercial customer

\$100.00 plus cost of meter

Meter Freeze Up

\$150.00 plus cost of meter

Damaged, tampered, or missing meter

\$175.00 which includes replacement of meter reading device

Damaged, tampered, or missing meter reading device

\$150.00 which includes labor, parts and valves

Valve Replacement

\$75.00

Lawn Service Application

\$75.00

Water Service Application – 1" or smaller

\$75.00

Water Service Application - 1 1/4" to 3"

\$100.00

Water Service Application - 4" or larger

\$150.00

Unauthorized Water Connection

\$550.00 plus cost of meter

Massachusetts Water Resource Authority Special Assessment

The Massachusetts Water Resource Authority billing charged to the City for high strength user(s) shall be charged to the high strength user(s) so identified by the Massachusetts Water Resource Authority.

Water Service Line Leak Repair

After notice to customer to repair a leak on the customer's property, if customer does not repair same, then the city shall complete the repairs and charge the customer for the cost of said labor

Fire Service Application

\$300.00

Fire Flow Test Observation and Assistance

\$250.00

Hydrant Meter Application

\$75.00

Hydrant Meter Deposit – Meter 1" or smaller

\$500.00 Deposit

Hydrant Meter Deposit – Meter larger than 1"

\$3,500.00

Hydrant Meter Late Return

\$10.00 per calendar day

Hydrant Meter Service

\$100.00

Hydrant Meter – Minimum Monthly Usage - 5/8" meter

\$75.00 per month

Hydrant Meter – Minimum Monthly Usage - 3/4" & 1" meter

\$100.00 per month

Hydrant Meter – Minimum Monthly Usage - Meter larger than 1"

\$300.00 Minimum Monthly Usage

Unauthorized Hydrant Use – 1st Offense

\$1,000.00

Unauthorized Hydrant Use – 2nd Offense

\$5,000.00

Cross Connection/New Construction – Initial Survey

\$200.00

Backflow Prevention Device Test & Inspection – Double Check Valve

\$75.00

Backflow Prevention Device Test & Inspection – Reduced Pressure Devices (each) - First five (5) \$100.00

Backflow Prevention Device Test & Inspection – Reduced Pressure Devices (each) - Next ten \$50.00 each

Backflow Prevention Device Test & Inspection – Reduced Pressure Devices (each) - Sixteen or more \$25.00

Water/Sewer Pipe Inspection – single instance \$600.00 Combined Inspection

Water/Sewer Pipe Inspection – multi-day \$100.00 per day

Denial of Access to Premises/Property \$25.00 per visit

Private Infrastructure Analysis - Cost of analysis/leak detection charged to customer

Private Infrastructure Repair - Cost of repair: including labor, repair and materials

Street/Sidewalk Opening Application

\$75.00

Water Testing

\$25.00

Final Meter Read

\$50.00

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CLASSIFIEDS

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